# THE SKILFUL PHYSICIAN:

*Containing*

DIRECTIONS for the Preſervation of a Healthful *Condition*,

*AND*

Approved Remedies for all Diſeaſes and Infirmities (outward or inward) incident to the Body of Man.

*With*

A right manner of applying them to the ſeveral Humours, Conſtitutions, and Strength of every Patient, for their better and more ſucceisful Operation.

*Whereunto is added,*

Experimented Inſtructions for the compounding of PERFUMES.

*ALSO*

For the Chuſing and Ordering of all kinds of WINES, both in preſerving the Sound, and rectifying thoſe that are Prick'd.

*Never before imparted to Publick View.*

*London*, Printed by *Tho. Maxey*, for *Nath. Ekins*, at the Gun neer the Weſt end of *Paul's*, 1656.

# The PREFACE.

IT is the Physicians care to recover Health: but it ought to be every ones care to preserve their Health; and if we were careful to keep out Diseases, we should not be so troubled to drive them out. Reason tells us, that it is better to keep out an Enemy, then to let him in, and then to beat him out. So doubtlesse, if men in the government of their Health would use Reason more, they would need the Physician lesse: For Intemperance, which is the great enemy of Reason, is the chief Cause of those Ma-

ladies, wherewith the bodies of men and women are afflicted; and they must needs act contrary to Reason, who do any thing that is contrary to the course of Nature; as to eat, or drink, or sleep, or stir the body more then Nature requireth, or less then Nature requireth. The good old Physician Hypocrates saith, That fulness or emptiness, or any thing else which is otherwise then Nature would have it, should be shunned as hurtful. For this is the thing that maketh work for the Physician; and he is more employed in helping the bad Effects of too much, then of too little; and the Cause of this is the abuse of Reason; when we make it the work of our Reason to find out wayes of Intemperancy; and we make Reason

*ſon a Slave to Appetite: whereas if we would live like Rational People, we ſhould rather imploy our Reaſon in obſerving our owne Nature, and obſerving what is agreeable to it, and what is not agreeable to it. And ſo we might by our own experience find out many things, which would make much both for the preſerving of our Health, and prolonging of our Life. Certainly, we might eaſily keep our ſelves in Health, if we were as carefulto keep when we have it, as we are to regain it, when it is loſt: and it is a ſtrange over-ſight not to prize our Health until we are tormented with Diſeaſes; to throw away our Health unreaſonably or careleſly, and then to lament our loſs too late, and to be in long tor-*

*ture, and at great charge before we can regain. Therefore those who rightly prize their Health, which is indeed a great Treasure, let them live temperately, observe diligently their own Natures, and follow exactly these Rules for the preservation of Health, which have been found out by the great industry, judicious enquiry, and long experience of Learned Men: the which Rules you have set down here as followeth, in some few and plain Directions.*

# The DIRECTIONS for the Preservation of HEALTH.

## I. *Of DIET.*

1. OPresse not your stomack with immoderate or unseasonable eating or drinking. If you be in Health, do not eat or drink unlesse you have an appetite to it, and bee sure that you have an empty stomack before you eat; and to eat to fulness and overcharging of the stomack is not good. It is better to rise from Table with an appetite to eat more, then to sit down to Table without an appetite.

2. Judg those meats most agree-

able to your body, which you desire most, and digest best, without any trouble to you; but eschue those meats as hurtful to you, which you have eaten upon an empty stomack being in health, if after the eating of them, they cause soure and ill savoring belchings, with heavinesse in your stomack.

3. Observe this order in eating, if you have several dishes before you, first eat that which is of easiest digestion, and then eat that which is of harder digestion.

4. If any do change their course of Dyet which they have used for a long time, as they who by high feeding and continual fulnes, come to have a very fat and gross body, they resolve to use a more sparing Diet; or they who have been accustomed to a very sparing and low Diet, if on a sudden they come to have fulnesse and variety of Dyet; or they who have much used any thing, as

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Tobacco, &c, which they reſolve to forbear, let them obſerve theſe following Cautions: 1. Not to do it ſuddenly, but by little and little; for all ſudden changes are hurtful to nature. 2. That they do it not, but in time of perfect health, becauſe they are then beſt able to undergo ſuch change. 3 That they do it not when they are much diſturbed with buſineſſe or otherwiſe; becauſe when the mind is much diſturbed, Nature is eaſily drawn to irregulate working to cauſe Diſeaſes, and eſpecially by a ſudden change from that which hath been accuſtomed. 4. If a man hath accuſtomed himſelfe to any thing the moſt part of his life time, howbeit this cuſtome is bad, yet he cannot ſafely begin a change in his old age.

5. Faſting from meat and drink in ſome caſes is good, as in the increaſing of acute Diſeaſes, or if there be much crudity in the ſtomack; but faſting

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fasting unadvisedly used is hurtful; as to those who have melancholick or cholerick dry bodies, much fasting is very injurious; but to those who are phlegmatick, plethorick, fat, full of moist humours, temperance in their Diet, with often and seasonable fasting is very good. Likewise those who drink so much as to be distempered thereby, if they eat before that drink be well digested, they undoubtedly wrong their bodies: and howbeit they are not then sensible of it, having a strong Constitution; yet certainly this will be a foundation of the decaying of nature. Extraordinary drinking doth very much diminish the strength of Nature; and much more, if you add eating to excessive drinking. Experience maketh it appear to us daily in many, that excessive drinking or eating doth oppresse Nature, and causeth the decay of Nature even in the strongest constitutions. This is certain, that excessive

ceſſive fulneſſe, or too great want of what we ſhould have, or any thing elſe which is not according to the courſe of Nature, is hurtful.

6. Some uſe only one meal in a day, which is not to be commended, unleſſe their digeſtive faculty be very weak and ſlow in its operation. Some uſe two meals in a day, others take three meals in a day, the which cuſtome, as it is moſt generally received, ſo indeed it is moſt to be approved of, if it be done with Diſcretion; *viz.* if you take ſuch things as are moſt agreeable to you, and ſo much at a meal as may be eaſily digeſted before the next meal. It is a good rule of Diet, to eat often and little at a time, not to let the ſtomack be long empty, nor to eat again before it be empty; for to eat or drink (when we have meat in our ſtomack half digeſted, or almoſt digeſted) before the digeſtion be finiſhed, it doth much diſturb the digeſtive faculty,

culty, pervert its operation, and so is the cause of many Diseases: but to keep the stomack alwayes in working, and to give it that whereupon it can work most easily, and to give it so much work as it can quickly performe: this doth encourage Nature to follow its work, it strengthneth the digestive faculty, and preserveth it in its strength. By this rule, every one may order their own Diet well, if they rightly consider their strength and constitution, and condition of life. As those who stir much may feed oftner then they who use a sitting life; and those who have hot, cholerick, slender bodies, may feed oftner then those who have gross, fat or phlegmatick bodies. For they who have gross and ful bodies ought to use a sparing Diet, & to use such meats and drinks which are of little nourishment and of a drying faculty. But if you would know what time of the day you may feed most largely. I answer,

answer, In the forenoon or in the morning, if you purpose to sup at night, that it may be well digested before supper time; for they who dine largely at noon, it is not probable that their dinner can be wel digested before Supper time, unlesse they be of a cholerick, hot constitution, for such have a quick digestion, and cannot eat much at a time. Now whereas many put the question, whether it is better to sup largely or dine largely? or if it be better to dine largely, and not to sup at all, whereas the common custome is to dine largely, and to use a light supper. I answer, If your stomack be not empty, if that which you have eaten before be not well digested, it is better not to sup at all, for the reasons already mentioned: but if your stomack be empty, and you have a good appetite to your supper, you may sup as largely as you may dine, so as you refrain from going to bed three or four hours after.

7. To eat of one ſort of meat only at a meal, is beſt; but if you eat of ſeveral diſhes, let them be ſuch, as are neer of a Nature: for to eat of ſeveral diſhes of diſagreeing Natures, as to eat fiſh and fleſh at the ſame meal, &c. it overthroweth the digeſtive faculty, filleth the body with diſcordant humours, and produceth ſtrange bad Effects.

8. To drink too ſparingly at meals doth very much hinder concoction, to drink great draughts and ſeldom, doth weaken the ſtomack, which then is in concoction, and driveth down the meat too haſtily, and corrupteth the whole body with overmuch moiſture and crudity; wherefore it is beſt to drink often at meals and little at a time, and to ſwallow it down, not haſtily, but leiſurely; for the drink being mixt with the meats, by divers little draughts leiſurely taken, tempereth them wel both for concoction and diſtribution. Ordi-

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nary Beere is beſt at meals, and at the ending of your meal take ſome ſtrong drink, *viz.* Wine or ſtrong Beere to help concoction. Drink not betwixt meales, if you can poſſibly forbeare it, unleſſe great thirſt and drought of the ſtomack require it, and then only a little is to be taken.

As for that cuſtome commonly uſed, to drink faſting in the morning, it is not good for any but thoſe who have a hot and dry conſtitution, or ſubject to obſtructions, to allay the drought of the ſtomack, and to cleanſe away ſlimy or obſtructive humours, which are in the Stomack, Liver, Veines or Reines.

9. It is a common cuſtom and commendable, to ſet firſt on the Table bread and ſalt, and to take them laſt away, thereby ſhewing the neceſſary uſe of them at meals; and indeed they are to be reproved

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who uſe not (as ſome do) bread or ſalt at their meals. For Salt helpeth concoction much, and preventeth the crudities of the ſtomack, and therefore it is good to eat much ſalt with freſh meats, or to have your meats powdered.

As for Bread, we may very well give it the firſt place at meales, for it yeildeth a nouriſhment very familiar to our Natures. Let your bread be of the flower of the beſt Wheat, let it be fitly leavened: for ſo it is more eaſily digeſted, and yeildeth better nouriſhment; but if it be too much leavened, it is of heavy digeſtion, and of no commendable nouriſhment. Let it be temperately ſeaſoned with ſalt, let it be light, well wrought, well baked, and eat it not over new, nor too ſtale. When you eat fleſh, eat twice ſo much bread as fleſh. When you eat fiſh, eat thrice ſo much bread as fiſh, eſpecially if

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the fiſh be of the moiſter ſort, that the ſuperfluous moiſtnre of it may be tempered by the drineſs of the bread; for they who eat little bread with their meats, commonly are troubled with windy crudities, watriſh and impure ſtomacks.

10. That you may know what kind of meats is beſt for you, take this general rule, uſe ſuch meats as are moſt agreeable to the conſtitution of your body, to your age, and ſeaſon of the year. Thoſe who are of a hot cholerick conſtitution, ſhould uſe meats of a moiſtning cooling nature. Thoſe who are of a cold, dry, melancholick conſtitution, ſhould uſe meats and drinks of a moiſtning and heating faculty. Thoſe of a phlegmatick conſtitution, ſhould uſe meats and drinks of a heating and drying faculty. Thoſe of a ſanguine complection, ſhould

uſe a Diet of a temperate nature. And to thoſe who have ſtrong ſtomacks, meats of ſtrong nouriſhment, and of ſlow concoction are moſt agreeable: but to them who have weak ſtomacks, as old or ſickly people, &c. meats of lighter ſubſtance and of eaſier concoction are beſt.

In reſpect of the ſeaſon alſo, you muſt alter your Diet; in the Spring and Summer uſe a more ſparing Diet then in Harveſt or Winter. In the Summer uſe meats and drinks of a cooling and moiſtning faculty, in the Winter let them be heating and drying; in the Spring let them be of a temperate nature, and not too nouriſhing; in the Harveſt, let them be moiſtning, and moderately heating.

I cannot here ſhew you particularly what things are cooling, or moiſtning, or heating, &c. becauſe I muſt

I muſt be ſhort being in a Preface, and I refer you to thoſe who have treated largely of theſe things; *viz. Muffets Improvement of Health.*

## *Of Sleep and Watching.*

Life cannot continue without food, and Health cannot be preſerved without moderate ſleep; for this refreſheth the wearied ſpirits, and repaireth the decayed ſpirits, it furthereth concoction, and is a preſent help for Crudities; but if it be immoderately uſed, it is hurtful, it cauſeth defluxions, heavineſs of the head, dulneſs of wit; cold phlegmatick Diſeaſes, &c. therefore that you may uſe ſleep comfortably and profitably, have a care, that your ſleep be ſeaſonable, for as you ſhould not watch when you ſhould ſleep, ſo you ſhould

not sleep when you should be awake; and therefore esteem noon-sleeps, and too long morning-sleeps, as great enemies to health; for whatsoever is not according to the course of Nature, is contrary to Nature, and so will by little and little weaken Nature, and in the end overthrow it. Now we see it natural to all living and sensitive creatures to observe this rule, *To sleep in the night time*, and *in the day to be provident to supply their wants*; and therefore they who do contrary to this rule, are contrary to the course of nature, and wrong themselves, howbeit they are not at present sensible of it. And without doubt these two (which are both contrary to Natures rule) *viz. unseasonable sleeping or watching*, and *unreasonable eating and drinking* are the great causes which deprive us of Health, and shorten

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our lives, as thoſe eſpecially who are rich find it by experience, who ſtay out of bed very late, and lye long in the morning, a bad cuſtom: but as you tender health, ſleep not in the mornings too long, unleſſe honeſt occaſions, or an ill diſpoſition of body cauſeth much watching in the beginning of the night; then it is needful that you make amends by ſleeping ſo much the longer in the morning: neither ſhould you ſleep at noone, for ſleeping after dinner (if it is conſtantly uſed) cauſeth ſuperfluous moiſture of the braine, and cauſeth cold Diſeaſes of the braine, as Palſies, &c. puffeth up the Spleene with wind, prepareth the body for Agues, Impoſthumes, &c.

Yet in ſome extraordinary caſes ſleeping after dinner may and ought to be uſed;

1. If you have not ſlept

not sleep when you should be awake; and therefore shun noon-sleeps, and too long morning-sleeps, as great enemies to health; for whatsoever is not according to the course of Nature, is contrary to Nature, and so will by little and little weaken Nature, and in the end overthrow it. Now we see it natural to all living and sensitive creatures to observe this rule, *To sleep in the night time*, and *in the day to be provident to supply their wants*; and therefore they who do contrary to this rule, are contrary to the course of nature, and wrong themselves, howbeit they are not at present sensible of it. And without doubt these two (which are both contrary to Natures rule) *viz. unseasonable sleeping or watching*, and *unreasonable eating and drinking* are the great causes which deprive us of Health, and shorten

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well in the night nor in the morning.

2. If you be faint with exceſſive heat of the Seaſon.

3. Old people, becauſe of their weakneſſe, may ſleep after dinner, or any other time when they can.

4. Thoſe who have ſlender and dry bodies, receive great benefit by ſleeping after dinner; for it moiſtneth their bodies, and refreſheth their ſpirits. But thoſe who have full groſs bodies, or who are of a ſanguine or phlegmatick complexion, let them beware of ſleeping after dinner.

Now thoſe who would ſleep at noon muſt obſerve theſe things following.

1. That they ſleep not immediately after Dinner, but an hour after, or half an hour at leaſt.

2. That they ſleep not lying, but rather

rather sitting with the body upright.

3. That they sleep not over long, not above half an hour, or an hour at most.

4. That they sleep not in a place too hot (especially in the Summer time) but rather enclining to cold: the most convenient place for any to sleep in at any time, is that which is not too hot nor too cold, not too close nor too open; and above all, it must not be dampish, for that is very hurtful to the body, especially to the head: you must have a care to keep your head and neck wel from the cold when you sleep.

When you sleep, lye upon your right side; and not upon your left side, unlesse it be to ease your body, when you are wearied with lying upon your right side: lye upon your left side as little as you can; for to lye upon the left side, hindreth

dreth concoction, encreaſeth the Diſeaſes of the Spleene, cauſeth troubleſome Dreames, &c. So likewiſe to lye upon your back when you ſleep, is very unwholſome; it cauſeth troubleſome ſleeps, it cauſeth the Night-mare, it occaſioneth the Lethargy, Palſies, Cramp, it heateth the Raines; it is very bad for thoſe who are troubled with the Stone, or are inclined to it.

Now if you would know how long you ought to ſleep, obſerve this rule, That you ſhould ſleep, until you find the concoction of the ſtomack and liver be finiſhed, the ſpirits well refreſhed, and you find a lightſomneſſe in the whole body, eſpecially in the ſtomack and head. But if you find heavineſſe in the body, head, and eyes, or ſtomack, or if you have ill ſavoured belchings, or &c. they ſignifie that you have not yet ſlept enough.

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Again, the time of your sleep must be determined according to your strength and constitution; as those who are weak and sickly, or aged and children, must take longer time of rest, then those who are strong, or young, for whom seven or eight hours sleep is enou h. And those who have dry, cholerick or melancholick bodies, need longer sleep then the phlegmatick or sanguine, or those who have grosse fat bodies; for it very much refresheth and moistneth dry bodies, to whom there is nothing more hurtful then too much watchfulness. But too long sleep to phlegmatick, grosse bodies is very hurtful.

It is a custome to warme the bed before we go to bed, which should not be used by those who are healthful and strong (unlesse fresh sheets be layed upon the bed) for it weakneth their bodies, and maketh

keth them tender. But it is good for them who are aged, or are weak by Nature, or lead a tender course of life, for such cannot well endure a cold bed, it may wrong them much: weak or tender Natures, are by very small occasions overcome and put out of their right courses.

I conclude concerning sleeping and watching with this, That immoderate and unseasonable Sleeping weakeneth the natural heat, filleth the body with bad humours, and enclineth the body to cold, phlegmatick Diseases, dulleth the spirits and wit.

And immoderate Watching dryeth the body too much, it turneth a sanguine constitution to be cholerick; and it turneth a phlegmatick constitution to be melancholick, it overdryeth the braine; it wasteth the spirits, it weakneth the dige-

digestive faculty, enclineth the body to consumptions, &c.

## *Of Exercise.*

The stirring of the body by walking, riding, some pastime, *&c.* If it be moderate and in fit time; it encreaseth natural heat, refresheth and quickneth the spirits, maketh the body lightsome and nimble, helpeth concoction, furthereth the expulsion of the Excrements and bad humours, &c. In any stirring industrious course of life, for the most part they live longer and healthier then those who use a sitting restful life.

But you must have a care, that you use not too much stirring or motion of the body to weary your selfe too much; for this will consume the natural moisture, and waste

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the ſpirits, encline the body to a Conſumption, &c.

Thoſe who would uſe any kind of Exerciſe only for their Healths ſake, let them not do it upon a full ſtomack, or immediately after eating, for the moſt part of Phyſicians do agree in this, that wee ſhould not go about any exerciſe of the Body until the firſt and ſecond digeſtion is compleated, when the ſtomack is light and almoſt empty.

It will be good alſo to diſburden your ſelves of the excrements of the belly, and of urine, before you begin your Exerciſe, leſt the Excrements by the violence of the heat of the Exerciſe, be drawn into the veines, or &c. whereby the blood may be corrupted, Obſtructions cauſed, &c. And if you uſe any exerciſe or violent motion of the body immediately after meales, or while there is meat in the

the ſtomack not digeſted, it marreth digeſtion, and cauſeth crudities and bad humours; whereupon will follow Scabs, Ulcers, Impoſthumes. This is to be underſtood chiefly of thoſe who uſe a reſtful life, and live tenderly. But thoſe who live in continual exerciſe of their body, as labouring men, they need not be ſo cautious for the time or manner of their Exerciſe (for that to which our Natures are conſtantly accuſtomed, will not do us harme;): if men keep themſelves to one conſtant courſe of Exerciſe, and not at any time to exceed their ordinary cuſtome: but if they do things raſhly and immoderately, otherwiſe then they uſe to do; as if they fall upon any work upon a full ſtomack; or if after violent hot working they are careleſſe of themſelves, and keep not themſelves warm,

warme, &c. Thereupon certainly will follow alterations of the body and Diſeaſes. For that to which we are not accuſtomed, if it be violent and oppreſſerh Nature, it muſt of neceſſity work dangerous alterations in us. You muſt be very cautious in the doing of any thing to which you are not accuſtomed, until by conſtant uſe it becometh familiar to our Nature, and then it may be uſed ſafely, howbeit at firſt perhaps it was dangerous, if not uſed with great caution.

A conſtant cuſtome in any thing prevaileth much with Nature, ſo that a man may ſafely do that to which he hath been accuſtomed, which would be very dangerous to another. And therefore violent ſtirring of the body to thoſe who have a reſtful life, or untimely exercise immediately after meales, is

hurtful

hurtful; but to riſe up after meal, to ſtand or to walk ſoftly is good: and if it be in cold ſeaſons of the year, let the place be temperate, not too hot nor too cold; if it be in the hot ſeaſons of the year, walk in the open fields, nigh to ſome pleaſant rivers after ſupper; but after dinner in ſome ſhadowed place, or ſome cool Arbour, &c. Obſerve this general rule concerning the place, after meals to ſtand or walk in, *That it incline more to cold then to heat.* For as the heat of Exerciſe immediately after meals, ſo the heat of a hot place by drawing our natural heat from the inward parts of the body to the outward, it marreth digeſtion, and filleth the body with crude humours, therefore after meals let your place be pleaſant and moderately cool, your exerciſe gentle walking and pleaſant diſcourſe with merry companie; ſpend an hour

houre ſo, and thereby you ſhall find digeſtion furthered, your body much refreſhed, natural heat and ſtrength cheriſhed and encreaſed. But when you uſe great motion of the body, as in travel, paſtime, &c. do it moderately, ſo as you do not weary your ſelves too much, and oppreſſe the ſtrength of nature: and in this moderate beneficial ſtirring of the body there may be ſeveral degrees obſerved, according to the conſtitution of the body, and ſeaſon of the year.

1. Thoſe who have a groſſe or phlegmatick body, ſhould uſe much exerciſe, and ſhould exerciſe themſelves ſo, as thereby to provoke ſweat; but they muſt have a care that they provoke not ſweat immoderately, nor proceed to extreme wearineſſe, for thereby the ſpirits and good humors of the body will

will be too much wasted, and the fat of the raines melted.

2. Those who have dry slender bodies, must use easie exercise: They must stirre their bodies no longer then the colour and flesh is somewhat ruddy, and the sweat begins to come out; too much motion of their bodies will bring them to a Consumption.

Again, your Exercise must bee according to the season of the yeare; for as the season is colder, so you may use stronger and more laborious exercises, and oftner: and as the season inclineth more to heat, so the exercise or motions of your body must be more moderate and calme.

One thing I will add here, *viz.* *Rubbing of the Body*, which is much commended to us by all Physicians, and is found by the experience

perience of all who have uſed it, to be a thing very beneficial to the body, and it may well ſtand in ſtead of all other Exerciſes or motions of the body, to thoſe who cannot have ſuch Exerciſes, either becauſe of their weakneſſe, or &c. It ſtirreth up and encreaſeth natural heat, it quickneth the blood, it ſtrengthneth the parts, it drawes humours from the higher parts of the body to the lower parts, it concocteth crude humours, it ſtrengthneth digeſtion, it draweth bad humours from the principal parts of the body; there is not any one thing which may be more commended then this, for the preſervation of the ſtrength of Nature. But as all other Exerciſes of the body, ſo rubbing of the body muſt be uſed with caution, *viz.* That thoſe who have groſs or phlegmatick bodies muſt rub over their bodies until they

they provoke sweat; but those who have hot bodies, or dry slender bodies, they must rub their bodies until the flesh beginneth to swell, and groweth ruddish, and no longer. So likewise according to the Season, we must use rubbing more or lesse; as the season is colder, so must we use rubbing more, and less in hot seasons.

The manner how it is to be done, is thus. Rub with your hands, or rather with a warme linnen cloth your shoulders, armes, breast, sides, thighes, Legs and feet; but the belly, stomack and back, especially neer to the reines must not be rubbed. If you can your selves do it, and not to have another to do it, it will be so a great deal better. You must do it when you lye downe at night, but then more gently; but in the morning before you rise do it more strongly; and when you

rise

riſe, have a care to keep your ſelves well from the cold. Begin your rubbing eaſily and ſoftly, afterwards faſter and harder; and while you are rubbing, lay a double cloth warmed to your ſtomack and belly. After you are riſen, and have combed your head well backward, then rub your head and your neck with a warm linnen cloth, and (if it be a cold ſeaſon) before the fire, remembring the Cautions concerning rubbing before mentioned. This rubbing of the Head and Neck, is eſpecially to be commended to thoſe who have moiſt heads, Students, and ſuch as are troubled with Rhumes, Palſies, &c.

Of

# *Of Excrements.*

1. To go to ſtool twice or once in the day at leaſt, preventeth thoſe many inconveniences which are cauſed by the too long ſtay of the Excrements in the body; but if you cannot do ſo by reaſon of coſtiveneſs, which is very hurtful, and hath many inconveniencies following it, therefore drink much, eſpecially at meals, that thereby the ſtomack and inteſtines may be well moiſtned: this will keep the Excrements ſoft, and make the paſſages ſlippery. But if Nature is dull and ſlow to evacuation, it will be good to uſe ſome gentle looſening thing, at firſt once in two dayes for ſome time, then uſe it once in a day: and when you

have accuſtomed your ſelf to go to ſtool ſo once in the day, Nature it ſelfe will afterwards obſerve that cuſtome.

2. Sweating is very good for groſs phlegmatick Bodies; but thoſe who have dry ſlender bodies, muſt uſe it very moderately; and thoſe whoſe bodies are too much ſerved by a Diſeaſe, or are enclining to a Conſumption muſt eſchew ſweating as much as they can.

3. Keep not Urine or Wind in your body, when Nature would void them, for they are very hurtful, if they be kept long in the body; and if you cannot break wind upward when it is in the ſtomack, or break it downward when it is in the belly, then uſe ſomething which is good againſt the wind: let it ſtay in your body as little time as you can, eſpecially if it be bred (as moſt commonly it is) of Crudities; but

but when your body is free from Crudities, do not accustome your selfe to break wind, refraine from it then as much as you can; for if we bring Nature to a custome to break wind much, it is the way to make it breed wind.

4. To use any thing to provoke the evacuation of phlegme at the mouth or nose, is not to be approved of; it is best to let Nature follow its own course, unlesse those Excrements of the mouth or nose be obstructed: or abound exceedingly by reason of a cold, or some other Cause.

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## *Of Paſsions of the Mind.*

Eſchew all exceſſive Paſſions, as exceſſive joy, exceſſive anger, exceſſive fear, &c. for they oftentimes cauſe weakneſſe of the body, and Swounings, and oft times ſickneſſe, and ſometimes ſudden death. Likewiſe envy, extreme cares, continual fear and continual ſadneſſe, are great enemies to health and ſhorten life: but a quiet contented, cheerful mind, free from all theſe Paſſions, is a great ſupporter of Health and prolonger of Life.

*of*

# *Of the Choice of Aire.*

The best Aire is that, which is pure, clear, and temperate, not too hot nor too cold, nor too moist, nor mixed with grosse moisture, or corrupt noisome vapours. Therefore shun that Aire which

1. Evaporateth from corrupt Ponds, standing Pools, impure places, as nasty Ditches which are full of impurities, &c.

2. Which is in Valleys or low places, which are shut up about with Hills, so as no wind can come to it to purifie it.

3. Shun the Aire of Marish and moorish grounds.

4. Shun foggy mists.

5. Stay not in the night Aire;

nor in any moist or dampish Air, as a moist Easterly Air, or a moist Westerly Aire.

An impure Aire which ariseth from corrupt impure places, infecteth the body, and causeth dangerous Diseases.

An Aire which is too moist, or a Night aire encreaseth phlegm, and causeth Rheumes.

The Aire of low and marish places, fill the body with gross phlegmatick humours, causeth paine in the joints, Cramp, Palsie, and other cold Diseases of the braine, &c.

An Aire extreme cold (if we continue long in it) it weakeneth the brain and sinews, causeth Rheums and Coughs, weakneth natural heat, &c.

An Aire too hot spends our spirits, weakneth concoction, dissolveth and draweth out natural heat,

heat, it burneth the blood, &c.

That Aire then is most wholsome which is temperate and clear; and therefore those dwellings are commended as the best, which are seated on high dry grounds in open Aire, far from low, marish or filthy places, for there the aire is most pure, subtile and temperate.

*Reader,*

READER, I have here given thee some plain useful Directions for the preservation of thy Health, as fully to this busin sse as the bounds of a Preface permitteth. I now proceed to give thee Remedies for the regaining of thy Health if lost; and I assure thee they are such as are not taken upon trust, but often tryed and approved. In the publishing of them, I have taken care 1. of interfering with any others, and 2. lest I might delude and deceive thee with impertinencies, or any thing picked out of others of the same nature; and 3. that I might avoid that general defect of all that hath hitherto come forth of this useful Subject, especially in the

*the Cure of Internal Diſtempers, by varying the Adminiſtrations according to the Complexion, Strength, and Conſtitution of the Patient. And that thou maiſt not be much troubled in finding out what thou deſireſt for thy preſent condition, I have put them in ſuch an order, that thou maiſt eaſily find every thing under its proper Letter, the ſeveral Letters of the Alphabet referring either to the Diſeaſes, the Remedies, or the parts of the Body Affected. If theſe ſhall be ſucceſsful and acceptable to thee, I truſt ere long, to gratifie thee with more complete Directions for the Preſervation of Health, and to impart ſuch Secrets, as few in the world have been acquainted with to this day.*

*In*

*In the mean time, I have here presented to thee (toward the latter end of this Treatise) a few Instructions for the Choice of all sorts of* Wines, *and how to Order them, both for the preserving of those that are Sound, and to chuse such as will last; as also how to recover and restore those that through defect of Substance, or by long keeping are decayed and prick'd. I think I may truly affirm, they are the first of that kind that have come to publick view.*

A Hearty Well-wisher
of thy Health,

*D. D.*

## *The Names of the most Eminent Persons, whose Skil hath contributed any thing to this Book.*

Dr. POWEL.
Dr. DEODATE.
Dr. CADAMAN.
Dr. HILL.
PARACELSUS.
Dr. CRANMER.
Dr. BURROUGHS.
Dr. BUTLER.
ALBUCENSES.
Dr. STEVENS.
Dr. WHEAD.
Mrs. BILL,
Mrs. WING:

# THE SKILFUL PHYSICIAN.

## ACHES.

*A Soveraign Medicine for any Ache.*

TAke Barrowes greaſe, a lap ful of Archangel leaves, flowers, ſtalks and all, and put it into an earthen pot, and ſtop it cloſe, and paſte it; then bury it in a horſe dunghil nine dayes in the latter end of May, and nine dayes in the beginning of June, then take it forth and ſtrain it, and ſo uſe it.

*A Receipt for all cold and raw Humors; and Aches in mens bones. Proved by Doctor* Powel.

Take two ounces of Mastick, two ounces of Vermillion, half a pound of Frankinsence, one penny worth of Rosen, beat every one of these into fine powder by it self, then mingle them altogether; and if they look not red enough, put in more Vermillion; and when you will use this Medicine, take a spoonful of this Powder, and put it into a chasing dish of quick coals, and let the Patient sit on a stool close covered, and the Chasingdish put under the stool, which must be shifted three times before the Patient rise from the stool; and the Patient must sit Evening and Morning upon the stool (as aforesaid) all naked, saving a sheet about his neck to cover him before, even to the feet, and another behind him of like length, and upon the sheets two blankets; and by that time two spoonfuls of the Powder be spent, the Patient will sweat and be faint, and when the Patient hath sate out the third Chasingdish, he must go

to bed, and lye in the same cloathes, and never change them in three dayes. He may eat and drink what he list, so his Drink be warm.

*For all manner of Aches, and the Sciatica.*

Take a handful of Herb-grace, and bray it smal in a Mortar, then take one ounce of Frankinsence, and one ounce of Commin, and beat them to Powder severally; then take one pound of black soap, and seeth it on the fire till it be melted, then put in the aforesaid things, and let them boile together, till it be thick; then take and spread it like a Plaister upon a cloath, and lay it to the Grief as hot as may be suffered, and so let it continue twelve houres, then take it away, and if the place be blistered, lay that to it no more, but prick the blisters with a needle; and if it be not blistered, then lay on a fresh plaister, and let it ly twelve hours more, and keep the place grieved and the Patient very warm. *Probatum est.*

*For any Ache whatsoever,*

Take two great Onions, and make holes in the tops, and put into each one dram of Camphire, so much of Frankinsense as a Walnut, one pennyworth of English Saffron; roast the Onion in the fire; then pill it, and strain it to an Oyle, and put thereto so much of the marrow of a dead horses haunch bone, and mingle it well together, and annoint the place pained therewith.

*A precious Remedy for any extreme Ache.*

Take a Whelp that sucketh (the fatter the better) and drowne him in water, then take out his guts clean, and fill his belly with black Soap, and put him on a spit and roast him well, and take the dropping thereof, and put it in a Vessel, and then lay the Patient in a sweat, and annoint him therewith, and cover him warm with clothes, that he may sweat well; then make a fire of Charkcoals in a pan, and lay thereon a good handful of Sage, and let him take the

the aire thereof in a close room; and do this five times.

*For all manner of Aches in Bones, Joints, or Sciatica.*

Take Balme and Cinqfoil; but most of all Betony, Nep and Fetherfew, stamp them, and drink the juice with Ale or Wine. *Probatum.*

*A very good Plaister for any Ache or swelling in the Joints.*

Take of *Stipticum Paracelsi*, and Calcithers, of each alike, spread it upon Leather and make a Plaister thereof, then annoint the place grieved with Oyl of Roses, and after lay on the Plaister. Mr. *Smart*.

*For an old Ache or Sciatica.*

Take Harts-horn, and chop it in reasonable smal pieces, then put it in a Pipkin, cover it with water, and stop it close, and set it in an Oven with Bread, and when it is baked, take out the Pipkin, and when it is cold, it will be a Jelly;

then warm ſome of it, and annoint the grieved place with a warm hand, and chafe it in often.

*For an Ache.*

Take *Aqua compoſita* and Neatsfoot Oyle, warm them, and annoint the place therewith, and lay warm cloaths thereon.

*Another.*

Take Parſly and Wormwood, of each a handful, and ſeethe them in a quart of Ale, with a quantity of ſweet Butter, and waſh the place therewith, and bind the Herbs to the place, as hot as may be ſuffered.

*Another.*

Take Smallage ſtampt, and put it into *Aqua vitæ*, and ſtrain it, and put thereto Boars greaſe, and ſtraine them together, and annoint the place therewith morning and evening.

*For an Ache or the Sciatica.*

Take Neats foot Oyle and *Aqua compoſita*,

*posita*, and annoint the place therewith, then take wool newly taken from the Sheep and put thereon with warme cloathes.

*Another.*

Take the juice of Smallage, Sorrel, and of Woodbind leaves, of each alike, then take Honey and the white of an egg, of each alike, and mingle it together till it be thick, and lay it on cold without any boiling at all.

*Another.*

Take as fat a Goose as you can get, and when she is ready dresst, then take a couple of the fattest young sucking Cats you can get, and flay them, and cut them into gobbets, and put them into the belly of the Goose, and so roast it as long as it will drop, then take the liquor and annoint the place pained therewith, and bathe it wel before the fire, as hot as you can süffer it, and dip a brown paper therein, and lay it hot thereunto with warm cloaths bound fast to it all night. Do this for the space of three or four nights together.

## AGUES.

### *For a Quartain Ague.*

Take a quart of Ale, one ounce of Cene, half an ounce of Licoras, half an ounce of Anniseeds, a few Raisons of the Sun, boil these together till your Ale be more then halfe consumed, then give it to the Patient to drink, as warme as he may, when his Fit is upon him, and go to bed, and keep him warm. This is to be used three several times, if his Fit go not away at the first. *Probatum.*

### *For an Ague.*

Take the Root of a blew Lilly and scrape it clean, and slice it, lay it in soak all night in Ale, and in the morning stamp it and strain it, and give it the Patient luke warm to drink, an hour before the Fit cometh.

For

*For the Feaver Cake.*

Take Barley meal, or else the flower of wheat, and make a cake and bake it, and then take the juice of Hemlocks, and annoint the belly with it: Also you may take Oyle of Exceter, or Sallet Oil, and fry a few Oats therein, and lay it to the Patients stomack as hot as he can suffer it. *Probatum.*

*For a hot Burning Ague.*

Take Succory roots and leaves, Parsley roots, Endive leaves, Borrage leaves and Sorrel leaves, seethe all these together in a pottle of running water, and when it is well sodden, strain the water from the Herbs, then put to it a good piece of Sugar to make it pleasant, and two spoonful of Vineger, that it may be somewhat sharp: you may also put in Buglos.

*An excellent Medicine for an Ague.*

Take a handful of good Bay Salt, and put it into a Mortar and bray it

very ſmall, then put thereto as many of the biggeſt Cobwebs that you can get, as the quantity of four fingers, and beat them a good while, then put into them a good handful of Smallage clean picked, and ſo beat them all together very well into one ſubſtance; then take it out of the Mortar, and put thereunto two ounces of the beſt *Venice* Turpentine unwaſhed, and temper them well together, and two hours before the Ague fit cometh, divide it into two parts, and bind it equally to both wriſts on the place where the Pulſe beateth, and roll it up well with a linnen cloth, that it ſtir not from the place, and tack it faſt with a needle and thred, and ſo let it lye four and twenty hours, and it will alter the Fit of the Ague and drive it away; but if not, try the ſecond time, and no doubt but it will help. A little freſh butter will get off the Medicine from the wriſts.

*A good Medicine to remove or avoid a Burning Fever.*

Take of Dragon Water, of Angelica Water, of Red roſe Water, of each three ſpoonfuls

spoonfuls, three grains of Bezar Stone, the quantity of a Nutmeg of Mithridatum, or else a spoonful of Jean Treakle, half a penny worth of English Saffron; Mingle all these together, and take it fasting, and sweat after it, and use this two or three mornings together.

*For the Ague.*

Take one penny worth of Gore Turpentine, of Rye Leaven the quantity of a Hasel Nut, being somewhat stale, a little course Mastick, and a little bay salt, both beaten small, one handful of Smallage, and a few Cobwebs shred smal; mingle all these with the Turpentine, and spread the same upon a piece of white Sheeps leather on the rough side, being pricked full of holes, and three hours before you think your Fit will come, bind it to your wrists, and let it continue nine dayes or more.

*Another.*

Take a pottle of Ale, seethe it, and skum it, then put to it the tops of Centory, Mints, Sage, Wormewood and Hysop,

Hyſop of each a handful; boil all in the Ale, till half be conſumed, then take the Herbs out with a ſpoon, then put a quantity of Sugar into the Ale, to allay the bitterneſſe of it, and ſo let it boil a little while again, then ſtrain it through a fair cloath; that done, put thereto as much Treakle as the bigneſſe of a bean and then keep it in a fair glaſſe, and let the Patient drink thereof firſt and laſt, and drink not after for the ſpace of an hour.

*For all Feavers and Agues of ſucking Children.*

Take powder of Chriſtal, and ſteep it in wine and give it the Nurſe to drink: alſo take the root of *Morſus Diabili* with the Herb, and hang it about the Childs neck.

*For an Ague.*

Take Bur-roots and red Nettle crops, and ſeethe them in ſtale Ale, and clarifie it, let the Patient drink it a little before the cold fit cometh, and when he beginneth to ſweat, give him a poſ-

ſet

set of Ale made with Marigolds, and Fennel being clarified, and it helpeth in four or five Fits.

*Another.*

Take of Smallage and Fetherfew, of each a handful stamp them, and straine them, and take half so much (as the juice thereof) of small Ale, being mixt together, drink it in bed before the Fit cometh, and cover your self warm.

*Another.*

Take Endive, Sowthistle, Dandillion, Lettice, Sorrel, of each alike, stil them altogether, and the water thereof is very good for an Ague.

*Another.*

Take Soot, and yolks of Eggs, and bay Salt, and Pepper, being mingled wel together, and lay it to both the wrists, and drink warm Ale.

*Ano-*

*Another.*

Take three cloves of Garlick, and bruise them, a penny worth of *Aqua vitæ*, and half a pint of Ale, seethe them together; and drink it before the Fit cometh, as hot as you may.

*Another.*

Box leaves dryed and made into powder, and Sheeps trecklings put in soak in strong Ale, and drunk, is very good.

*An approved Medicine for an Ague.*

Take a red Fennel root, and cut it very smal, and take six and fifty cornes of Pepper beaten very small, and mingle them together, and bind them to your wrists half an hour before your Fit cometh.

## AQUA COMPOSITA.

*How to make a Special* Aqua Composita *to take for a Surfet or cold stomack.*

Take a handful of Rosemary, a good root of Enula campane, a handful of Hyssop, half a handful of Thime, six good crops of Sage, as much Mint, and as much Penniroyal, half a handful of Horehound, two ounces of Liquorice well bruised, and as much Anniseeds; Then take two gallons of the best strong Ale, and take all the Herbs aforesaid, and wring them asunder, and put them into an Earthen pot wel covered, and let them stand a day and a night; from thence put all into a brasse pot, and set it on the fire, and let it stand till it boil: then take it from the fire, and set your Limbeck on the pot, and stop it close with paste that there come no air out of it, and still it out with a soft fire. There is to be added to it by a new counsel, one handful of red Fennel.

*A Receipt of* G. K. *to make Aqua composita.*

℞ Take of the best strong stale Ale, three gallons, of Licoras clean scraped and bruised half a pound, of Anniseeds clean dressed and bruised one pound.

Fennel seed
Carraway seed
Sassafras seed
Piony seed
Winter savory seed
Seed of Anodinum
Seed of Ameos
} Of each smal cut one ounce.

Ginger
Nutmegs
Gallingal
Great Gallingal
} Of each one ounce.

Cloves
Long Pepper
Cubebes
Callamint aromaticus
} Bruised, of each half an ounce.

Cinnamon bruised
Ivy roots sliced
Enula campana roots dried and thin sliced
Roots of Tussilage.
} Of each two ounces.

Of

Of Bay berries bruised, first blanched, one ounce.

Setwal
Spiknard
Mace
Lignum Aloes
} Of each a quarter of an ounce.

Roots of Angelica sliced, and of the seeds bruised
Ligna Cassia sliced.
} Of each a handful.

Juniper berries bruised, or the Wood thin sliced
Red Rose flowers
Flowers of Sticardue
Saint Johns wort
The Herb Canapitis
Diptamnus Cretius.
Pimpernel
Phillipendola
Scabious
Betony.
Egrimony
Plantane
Camomile flowers
} Of each a handful.

The Wood or Tree called Tamariscus
The roots of Sassaparilla bruised
The roots of Orpine
} of each an ounce.

The Roots of Gentian sliced two drams.

Of

Of the Gum of Mirrh }
Of Olibanum } one ounce.
Of Mastick }
Of Alkanite one ounce.
Of Sugar four ounces.

*The order of drawing this* Aqua Composita.

Half your Cinnamon, your Lignum Aloes, the roots and seeds of Angelica must be reserved out of the Brasse pot, and knit in a linnen bag, and laid in the Receiver, whereinto your Liquor must run; and by and by the Alkanite must be put into the Receiver. Also receive out of your brasse pot all your Herbs and Flowers until the last draught come; your other Spices, Seeds, Roots and Gums must be put with your Ale into your brass pot, then set on your Limbeck, and close it fast with paste, and keep the head therof always cool with cold water, and draw it so long as it wil run good, which is tried by casting a little of it into the fire, if it burn, it is good; if not, take off your Limbeck charily, and powre out all your stuffe that is in your linnen bags in the Receiver, and all the rest of your

your flowers and herbs, and put to them a gallon and a half of fresh Ale, and set on your Limbeck again, and draw it as before; and the Cinnamon and the Sugar that is left, must be put into the Receiver again: and when all is drawn out, put your first draught and your last together, and keep it for your use.

*The best way to make* Mrs. Bells *Aqua-composita.*

Take six gallons of the best strong Ale, the Ale wort must be so strong, that it will bear an Egge, and the Ale must be at least a week old, then take two pound of Annifeeds, two pound of Licoras scraped and bruised, Fennelseeds, Coriander seeds, Carraway seeds, Parsley seeds and Gromel seeds, of each a good handful, and (for any other Seeds or Spices use your discretion) then take of Lavender, Rosemary, Sage, Hisop, Savory, Sweet Marjerom, Standing Time, Mother-Time, Running Time, Burrage, Buglos, Succory, Endive, Lettice, Violet-leaves, Strawberry-leaves, Mugwort, Red Fennel, Peniroyal, Red Mints, Herb-grace, Germander, Avens, Worm-

Wormwood, Bay-leaves, Nep, Clary, Horehound, Comfrey, Marigold leaves, Mercury, Sowthistle, Sorrel, Plantane, Ribwort, Angelica, Carduus Benedictus Wood-Betany, Scabious, Balme, Liver-wort, Long-wort, Saint Johns-wort, Saint Peters-worts, Parsley, Dandillion, Basil, Lavender Spike, Blood-wort, Egrimony, Burnet, Garden Gallingale roots, Setwal-roots, Polipodium of the Oak, Pimpernel, Clivers, Shepherds-flowers, Knot grasse, Cinqfoil, Long-debecff, Sparragus, Water-cresses, Spinage, of each of these two handfuls, two or three heads of Housleek. Put all the Seeds, Herbs and Roots to the Ale, and let them lye a steeping, all night, then still them in a Limbeck and draw of it so long as it runneth good; which is tried by casting a little of it into the fire; if it burn, it is good, or else not.

*To make another Aqua-composita.*

Take a brass pot of four gallons, and rub it very clean within side, then take three Gallons of good strong Ale, and a gallon of Wine lees, so that your pot be

be not full by three fingers with your Herbs and Spices, as followeth. Take a pound of Anniſeeds well bruiſed, and half a pound of Licoras ſcraped and bruiſed, and put it into the pot, then take a handful of Roſemary, a handful of Hiſop, a good root of Enulacampana and ſcrape it well and ſlice it; half a handful of Unſet Time, half a handful of Mints, a handful of red Fennel, a handful of red Sage, ſix good crops of Marjerom, and as much Peniroyal, a quater of a handful of Hartſtongue, half a handful of Horehound; gather not the Herbs till the dew be off them, then wring all your Herbs aſunder, and put your Spices and all in your pot, and let them ſtand all night, then ſet your pot upon a fire of Charcoals, and ſet on your Limbeck upon the pot; and ſtop your pot round about with paſte, ſo that no air come forth; then make a little fire under the pot, and put cold water in the top of the Limbeck, and be ſure you keep it alwayes full with cold water; and as ſoon as it begins to drop into the Receiver, abate the fire a little, and keep it ſo that it drop not too faſt nor too ſoft; for if it drop too faſt, it will

be

Wormwood, Bay-leaves, Nep, Clary, Horehound, Comfrey, Marigold leaves, Mercury, Sowthistle, Sorrel, Plantane, Ribwort, Angelica, Carduus Benedictus Wood-Betany, Scabious, Balme, Liver-wort, Long-wort, Saint Johns-wort, Saint Peters-worts, Parsley, Dandillion, Basil, Lavender Spike, Blood-wort, Egrimony, Burnet, Garden Gallingale roots, Setwal-roots, Polipodium of the Oak, Pimpernel, Clivers, Shepherds-flowers, Knot grasse, Cinqfoil, Long-debecff, Sparragus, Water-cresses, Spinage, of each of these two handfuls, two or three heads of Houseleek. Put all the Seeds, Herbs and Roots to the Ale, and let them lye a steeping, all night, then still them in a Limbeck and draw of it so long as it runneth good; which is tried by casting a little of it into the fire; if it burn, it is good, or else not.

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be

be too hot of the fire; and if too soft, it will be too weak: you can draw but a quart of the best, and a quart of the second.

*Another way.*

Take three gallons of Claret-wine with some Lees amongst it; for want of Wine, take very strong Ale, then take two pound of Annifeeds bruised, and four pound of Licoras clean scraped and bruised, one pound of great Raisons stoned; Parsley and Fennel roots, of each a good handful, scraped and the pith taken out, with a root of Angelica, then stop it very close, and let it stand three dayes and three nights, then still it in a Limbeck, and keep the best by it self, and you must put as much Sugar candied into the glasse as is worth a shilling, and hang two grains of Musk in a cloth in it.

AQUA

## AQUA VITÆ.

*To make Aqua Vitæ for a cold ſtomack.*

Take Roſemary and Hiſop, of each a handful, Sage and Horehound, of each half a handful, one root of Enula campane, Marjerom and red Mints, of each ſix crops, Licoras and Anniſeeds well bruiſed, of each two ounces; then take three gallons of ſtrong Ale grounds, and ſet all theſe on a fire in a pan til it begin to ſeethe, then take it from the fire, and put it in a braſſe pot, and ſet on your Limbeck, ſtopping it cloſe with paſte, and keeping a ſoft fire under it.

*To make Aqua-vitæ to avoid Flegme.*

Take of Peniroyal a handful, of Strawberry leaves two handfuls, and Pimpernels three handfuls, and add theſe to the former Receipt.

AQUA

## AQUA MIRABILIS.

*How to make a precious Water, called, Aqua Mirabilis.*

Take Gallingale, Cloves, Squills, Ginger, Melilot, Cardomons, Mace, and Nutmegs, of each one dram; of the juice of Cellendine half a pint; mingle all these made into powder with the said juice and a pint of Aqua-vitæ, and three pints of good White-wine, and put all these into a Stillatory of glasse, and let it stand all night, and on the morrow still it with an easie fire.

This Water is good, for by a secret nature it dissolveth the grief of the Lungs without any pain, it purgeth Melancholy, it expelleth the stopping of the Urine, and it marvellously profiteth the stomack, conserveth Youth in his own state long, and preserveth memory. destroyeth the Palsie: it being given a man or woman labouring for life, one spoonful relieveth him: Of all Artificial Waters I think none better: In Summer use one spoonful thereof, in Winter two.

## BACK.

*A good Medicine to strengthen the Back.*

Take Oaken leaves and buds, Knot-grass, Comfrey, and Clary, of each alike, and still them: this must be taken every morning two spoonfuls, but let it be a fortnight old, or else the fire wil not be out of it.

*Another.*

Take Comfrey, Knot-grass, and the flowers of Archangel; boile them in a little milk of a browne Cow, and drink of it every morning; it is very good.

*For the Rains of the Back and Stomack.*

Take of Fern that groweth on a house, and Camomile of each a handful, two or three slips of Unset Hysop, bruise all these together, and seeth them

in a quart of Rheniſh or White-wine, with a handful of Currants, till it come to a pint; and after it is ſodden, put into it an ounce and a half of white Sugar candied, and let it melt of it ſelf, then ſtrain it through a fair cloath, and give it the Patient to drink warm morning and evening.

*To ſtrengthen the Back.*

Take a handful of Knot-graſſe, a handful of Archangel flowers, nine branches of Gromel, and ſtamp it with a pint of Ewe milk, and warm it bloud warm, and let the Patient drink it an hour before he riſeth for nine dayes together.

*For the Raines of the Back.*

Take your own water, and boil it well and ſcum it well, then take a quarter of an ounce of Oile of Bayes, and an ounce of Oyle of Roſes, and boil it from a pottle to a pint or a quart, and annoint therewith the rains of the back, and alſo the Spleen vain in the foot.

For

*For the pain of the Back, and heat of the Back.*

Take Rose-water, and put thereunto Sanders and Rose leaves, and lay them in steep in your Rose-water one whole night, and it (being drunk) will take away the heat, and greatly comfort the Reins: or wash the back therewith.

*To cleanse the Back, and purge the Raines.*

Take one Fennel root, and two Parsley roots, and pick out the piths of them, and put thereto one handful of Pellitory of the wal; and all these things being washed clean, seeth them in posset Ale, and drink thereof when you go to bed, and if you awake at midnight, drink of it also.

*A good Medicine to strengthen a weak Back.*

Take a good handful of the pith of the back of a young Ox or Heifer, slice it, and take out the stuff in it, and put

in a quart of Rheniſh or White-wine, with a handful of Currants, till it come to a pint; and after it is ſodden, put into it an ounce and a half of white Sugar candied, and let it melt of it ſelf, then ſtrain it through a fair cloath, and give it the Patient to drink warm morning and evening.

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*A good Medicine to strengthen a weak Back.*

Take a good handful of the pith of the back of a young Ox or Heifer, slice it, and take out the stuff in it, and put

it in a fair dish, put thereunto one, two or three of pure Dates, the skin within side taken off, and minced as fine as may be; then boile them in two or three spoonfuls of Rose-water, then look what quantity of Dates, so the like of Raisons of the Sun, and red Currants, your Raisons must be minced smal, and the stones taken out, then boil your Raisons and Currants and Rose-water together till they be tender, and put in some crumbs of Bread, Cinnamon, and Sugar, and Saffron small beaten to powder, then temper all these together in a fair dish, and have ready Pastionel, which is made of Sugar and yolks of Eggs, fine flower and butter, these work together into paste and roll it as thin as you can, and make it into pieces, the fashion of a Pease cod, and bake them slenderly and reserve them to your use, and when you list to eat of them, take one and heat it by the fire side in the morning, and eat it, and another at noon.

*For the Back.*

Take some Comfrey roots, Knotgrasse, Clary and Shepherds purse, stamp them and strain them, with a little Muskadine, and put thereto the rest of a pint of Muskadine, one Nutmeg grated, and two yolks of Eggs, and so drink of it cold.

*To cleanse and comfort the Back and Reins.*

Take a pottle of fair Spring-water, and put thereinto halfe a pound of Eringo roots, as new as you can get them, and meerly of themselves as they grow, without any candying or confectioning, only bruise them very well before you put them into the pipkin of water, then take three good sticks of Licoras, and bruise them, and put them into the same water: let all these boil together over a temperate fire until half be consumed, then take it off, and every morning drink a pretty draught thereof for seventeen or eighteen dayes together.

*A Conserve to strengthen the Back.*

Take Eringo roots, and conserve them, as you do Damask white and red Roses, in every respect, the pith being taken out, one pound and a half of Sugar is enough for every pound of Roots, and three pints of water, and stew them closely at the first, as you do your Roses; if you will add to them five or six graines of Ambergreeee beaten to fine powder, it will be much more cordial.

*A good Drink against the heat of the Back.*

Take Fennel, Comfrey and Plantane, of each a handful, Annifeeds, Fennel seeds and Licoras, of each an ounce, Mastick two drams, Lapis dactilus two drams, boile these in two quarts of new misk till half be consumed, then strain it and drink of it morning and evening. After this drink, the space of an hour, take on the top of a knife this Electuary:

Diatragacanth. frigid. one ounce, of Sirrup

Sirrup of Violets one dram, mix them together, and take it as aforesaid.

*For paine and heat in the Back.*

Take Sage, Rosemary, Camomile and Maudlin, of each one handful, stamp them together, and frye them in May butter, and annoint the back with it warm.

*Of the pain in the Back.*

This pain proceedeth of Rheumes that fall into the sinews of the Muscles, or of great labour, and such like occasions.

Seeth Nep in your broth, which draweth the noisome and grieved matter out of the neck, and driveth away all pain in the shoulders and back bones. Also silver Mountain seeds sod in water and drink thereof twice a week every time three or four ounces. It is very good against all weakness of the back and raines.

## BALM.

### *To make an excellent Balm.*

Take a pottle of the best White wine, three pints of Oyle of Saint Johns-wort, of the blossomes of Saint Johns-wort, Carduus Benedictus, Sage, Valerian, of each two pound, of Marjerom and Comfrey one pound, chop them, and stamp them small, and put them into the Wine and Oyle; then take new Wheat four ounces, dry it well and bruise it, and put it into the Wine and Oyle, stir it well and seeth it four and twenty hours upon the embers close covered, sometimes stirring it, then boile it and stir it well, and when you perceive the wine is almost consumed, take it off and strain it, then set it on a soft fire, and take *Venice* Turpentine, Mirrhe, Incense and Mastick, of each four ounces, Olibanum five ounces, Sanguis Draconis one ounce, beat all these to fine powder, and searse them through Lawn, put in the Turpentine a little before the rest, stirring it exceeding well, then set it a little

tle on the fire, and off and on, keeping it ſtirring till it be almoſt cold, then put it in a glaſſe bottle for your uſe. It is good for all manner of wounds.

## BELLY.

### *For a ſwelling in the Belly.*

Take Saſſafras, Hartſtongue, Betony, Centory, of each two handfuls, Pelitory of Spain, Cinnamon, Ginger, Cloves, of each one ounce, Licoras two ounces, Spiknard one ounce, put all theſe in a gallon of White wine, and let it ſtand three dayes, and then drink of it the ſpace of eight dayes.

### *Another.*

Take a quart of Spring-water, and about ſome twenty leaves of a weed called Dithander, and put thereinto ſome ten or twelve Cloves, and boyl all theſe together till it come to a pint, and drink thereof.

## BALM.

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Take Sassafras, Hartstongue, Betony, Centory, of each two handfuls, Pelitory of Spain, Cinnamon, Ginger, Cloves, of each one ounce, Licoras two ounces, Spiknard one ounce, put all these in a gallon of White wine, and set it stand three dayes, and then drink of it the space of eight dayes.

### *Another.*

Take a quart of Spring-water, and about some twenty leaves of a weed called Dithander, and put thereinto some ten or twelve Cloves, and boyl all these together till it come to a pint, and drink thereof.

*An Oyntment for a great belly, whether it be by reason of an Agne, or Wormes, or the Spleen.*

Take Romane Wormwood, common Wormwood, Garden Tansie, Fetherfew, Sowthernwood, Unset Leeks, Peach leaves, Herb-grace, of each one handful, wash them, and wring them, then take a pound of Barrowes grease or May butter, stamp all the Herbs in a Mortar very small, then mingle them with the grease, and make it up into balls as big as Tennis Balls, then put them in a Cellar seven or eight daies till they be all hoary, then break them into an Earthen pot, and boil them on a soft fire till the juice be consumed, then take it up and strain it, and keep it for your use: And when you use it, warm some of it, and annoint the belly before the fire morning and evening.

*For a pain in the Bowels through hot Choler.*

The party must be purged with Sirups which do cool, and Glisters. For a Purge, take eight and twenty damask

Pru-

Pruins, and five or six Figs, seeth them in water, and take of this Decoction three or four ounces, temper Cassia therein, and the Oyl of Sweet Almonds five or six ounces tempered with Sugar, and drink the same at once. It looseneth the body very gently, and may be given to children newly born. Likewise Manna decocted with sowre Dates, Pruins and Sugar, is good to give a stool.

## BITING.

*For the Biting of a Mad Dog.*

Take Garlick, Salt and Rew, stamp them altogether, and in the manner of a Plaister lay it to the sore, and give the Patient Treakle to drink three times in a week till the danger be past. *Probatum.*

*Another.*

Take a handful of Box, and stamp it, and strain it with a draught of milk, put into it a pretty quantity of Lobsters shell

beaten

beaten to powder, and some Unicorns horn, if you can get it, and drink thereof and wash the wound therewith.

*Another.*

Take Betony, Wild Sage, and Night Shade, of each a good handful, and a pint of running water, stamp the Herbs, and strain them therewith, and put thereto a penny worth of Treakle, and give the Patient to drink two or three mornings fasting.

## BLEEDING.

*To stanch the bleeding of a Cut.*

Take Hysop, and cut it as small as you can, and put it into the wound, and put Cobwebs thereupon, or a linnen cloth clean washed and dryed and burnt to tinder, and laid to the cut, doth stanch it without doubt.

*To stanch the Bleeding, and to heal.*

Take Mastick and the hair of a Hare mixt with the white of a new laid Egg, and make a Plaister thereof, and lay it to the wound.

*Another for the same.*

There is not a better thing then the powder of Bole Armoniack for to stanch the bleeding of a wound, the powder to be laid upon it; or for the Nose, to be put in with the blast of a quil.

*Another for the same.*

Take the shavings of Parchment, and lay it to the wound, it stancheth and healeth.

*Another.*

Take dryed Vervain and make it into powder, and so lay it in the wound.

*To ſtanch bleeding at the Noſe, Vein, or Wound.*

Take a little piece of linnen cloth, and a Spider, kill it not, but wrap it in the piece of linnen cloth, and put it up in the Patients Noſtrils.

*Another.*

Take Orpine, which is chiefe of all Herbs to ſtanch blood, beat the Herb in your hand, chafing it till it be warm, it will ſtop all manner of bleeding.

*Another to ſtop bleeding at the Noſe, mouth, wound or bloudy flux.*

Take the juice of red Nettles, with a little red Wine, and a little Vitriol, burnt or unburnt, and drink it.

*Another for the ſame.*

Take a little lint, and make it round like a peaſe, and dip it into ink, and put it into the Noſe, and it will ſtanch bleeding ſtraightwayes.

*Another.*

*Another.*

Take the Mosse of a Crab tree, and let the Patient smell to it as it cometh from the tree.

*Another.*

Take a quantity of green Coperas, as much Bole Armoniack beaten to fine powder and cast it into the wound.

*Another.*

Take Wine Vineger and the white of an Egg, and beat them together, and spread them on a linnen cloth, and for a man lay it on his privy members, and for a woman on her breft.

*Another for a Wound.*

Take wild Tansie and bruise it small, and lay it on the wound, or make powder of it, and fill the wound full of it.

For

*For bleeding at the Nose.*

Take Betony and stamp it with as much salt as you can hold between your two fingers, and put it in your Nose.

*To stanch Blood.*

Take the lean of salt Bief, so much as you think will goe into the wound, and lay it in the Embers of the fire, and let it roast till be red hot, and thrust it into the wound hot, and bind it up fast, and if the wound be in the foot, bind him about the Anckle; if in the legg, about the knee, if in the knee, bind the thigh; if in the hand, about the wrists; if in the arme, about the bought of the arme with a good list or Garter two or three times about, and it will stanch bleeding.

*To stop Bleeding.*

Take Centory, green Rew, and red Fennel, and stamp and strain them and drink it warmed.

*Another.*

*Another.*

Take an old clean linnen cloth, and wet it well in Vineger, then burn it, and take the powder thereof, and if it be a wound, cast it therein, and it will stop the bleeding immediately; but if the Nose bleed, then snuff up the powder into the Nose, and it helpeth.

*Another.*

Take the crops of Southernwood, and crush them in your fingers and put it into the nose.

*Another.*

If your Nose do bleed unmeasurably, then tye your little finger very hard about the lower joint, and for the most part, it faileth not, but stayeth the same.

*For spitting of Blood.*

Take the juice of Betony, and temper it with Goats milk, and give it the Patient to drink three dayes together.

*Another*

*Another.*

Take Smallage, Rew, Mints and Betony, and seeth them well in good milk, and sup it warm.

*To stanch blood.*

Take an Herb called Periwinkle, and hold it between thy teeth, and it helpeth.

*For pissing of Blood.*

Take Ambrosia and Bursa pastoris of each a handful, Parsley seeds the like, stamp them together, and drink the juice thereof with Goats milk.

The cause of pissing of blood may be superfluity of Humors, sharpness of Urine, Winds, Tumors, Impostumations, debility of the Kidneyes and Bladder, then is there a pain about the Privities, and the blood is congealed and separated from the Urine: In case the blood be much, and runneth out swiftly, then it signifies a broken Vein, otherwise an Ulcer; but if the Urine be like water that flesh

flesh is washed in, then it is of a weak liver; but if from superfluity of blood, then it is to be seen by the fulnesse of the body; if through sharpnesse of Humours the Patient is ever burning, therefore he must avoid all sharp, tart and salt things.

### *Of letting Blood.*

Phlebottomie is needlesse to those that be of so strong a nature, that (being over laden) are able to expel all superfluity through natural passages, as by bleeding at Nose, &c.

*Quest.* But why is Phlebottomie used?

*Ans.* When blood aboundeth, it is commonly in those that have a hot liver, full veines, a high colour and browniſh, and not fat and corpulent: Also in those that eat and drink abundantly, live at ease, and use meats that ingender much blood, which when Nature cannot digest, it corrupteth the braines, from which issueth dangerous Diseases; and in these cases, this is a more sure remedy, then to admit of inward Physick.

Also

Also letting of blood doth strengthen the brain, comfort the sight, warmeth the marrow in the bones, freeth the inward parts of many infirmities, stayeth vomiting, oftentimes helpeth the flux or lask, cleereth the senses, restoreth sleep, renewth the spirits, because melancholy blood is thereby diminished, cureth deafnes, reduceth lost voices, augmenteth the powers and vertues of all the body, being thereby rid of superfluities; the abundance of blood is known no les by the thickneſſe and troubled matter consisting of the Urine, then by the signes before mentioned. And though the blood be not inflamed, but superabundant, it causeth many dangerous diseases; and if any in the morning about the dawning of the day do commonly sweat, it is a sign of Superfluity in the Veine.

Thirdly, Where cold and bad blood is, there must be a Purgation precede Phlebottomie, or else the cold blood will remain.

Lastly, Its good sometimes to be let blood that the blood may be led or drawn from one place to another.

BONES

# BONES.

*How to use Fractured Bones: four kinds of Factures.*

First, when it is broken in length: Next, when it is broken overthwart. Thirdly, when it is oblick and crooked. Fourthly, when it is girded and broken, and shivered in divers pieces, either legs or armes.

*Albusences*, and others later Writers, make the difference of Fractures not according to the bone fractured, but after the place affected; as if the Nose be broken, brain-pan, jawes, ribs, back-bone, armes, legs, or other parts, which be not differences of Fractures, but of the place affected, according to nature.

*Four Directions in the Cure of Fractures, according to the place fractured.*

First, to respect, that the bones be put again in their former place.

Secondly, to be reduced to their natural

ral, and so conserved and kept without motion or hurt.

Thirdly, That the bone broken may be ingendred and conglutinated together by ingendring of Callus.

Fourthly, To correct the Accidents that do come after the Fracture of the bones.

*How the Bones out of joint ought to be put together.*

Be sure of help to hold the party at need; for the Legg or Arm let him sit in a Chair, and with annointing draw it out till the place be met, as tenderly as you may, having respect to the party grieved his complexion and nature.

*How Bones may be conserved after they be set in their natural place.*

Look well to your rolling. First, it is very good to take the white of an egge and Oyle of Roses mixt together, and wet therein the linnen Cloathes which may cover the place broken, and somewhat more of the other, and roll it not too

hard, for it may cause dolour and flux of humours.

*How the Rollers must be used.*

The first Roller upon the Fracture three or four times, and so to the second part upwards; the third Roller seek downward, and it must be half as low as the first; these Rollers should be wet in water and wine before you use them. If the pain be vehement, then the member would be wrapped about with fine wooll well carded, or else with stuff wet in Oxicrotium.

*A defensive Medicine.*

Take Unguentum Populeum two ounces, Bole Armoniack one ounce, mix these together with Oyle of Roses, and a little Vineger.

*If the place appear blistered.*

Take half a pint of running water, and set it on the fire, and put in fine Wax, a little Oyl of Roses and fine Barly meal, seethe them altogether, but not very thick, then make thereof a Plaister or Cere-cloth; strike it upon the cloth, upon

upon the bottom of a Pewter dish, over a Chafingdish and coals, and lay it lukewarm to the arm or leg, a night and a day and it will asswage the humour of boyning.

*For the Wound of Broken Bones.*

℞ Take luke-warm Mell Rosarum, and Oyle of Roses, and a stamp of flax dipped in the Whites of Eggs, and so bind it upon the sore; Also apply about the place Bole Armoniack, Sanguis Draconis, and Olibanum, beaten with a little Oyl of Roses, Barley meal and Vineger round about the sore, and so comfort the Patient.

*A Defensive against Boyning of a broken Bone in the Leg.*

Make your Plaister of Oyle of Roses and Oyle of Mirtle melted together with a little wax, and when it is cold, put to it Bole Armoniack and Pompuleon, of each one ounce, of Wine two ounces, and lay it a handful broad upon the hurt and let it lye.

*A Poultice for any Boyning inward.*

Take a pint of new Cowes milk, a pint of Rye-bread crumbs, a handful of French Poppy leaves shred small, two ounces of Oyle of Roses, three yolks of new laid eggs, and as much Saffron as the weight of a Groat, First boil the milk, the crumbs and the Poppy together a good while, and then put in the rest, and spread it upon a faire linnen cloth.

*To assuage the swelling upon any broken Bone or out of joint.*

Take Unguentum Pompuleum one ounce, Bole Armoniack one ounce, mix them together with a little Oyle of Roses, and a little Vineger.

*For the Bone ache.*

Take the leaves and flowers of Henbane, and put them in an earthen pot with May butter, and close the pot, and set it in a dunghil three months, then annoint the grieved place therewith.

## BODY.

*To distil a Cock, good for any weak Person.*

Take a red or black Cock, and pluck him quick, and whip him alive with small twigs a pretty while, then cut off his head and gut him, and cut him in quarters, and wipe him very dry with a fair cloth; then take an earthen pot and lay four or five splints to keep it from the bottom of the pot; then lay in the four quarters upon the splints, and lay between every quarter some of these Roots and Fruit following, Fennel roots, Parsley roots, Succory roots of each two or three, two or three slips of Rosemary, two or three Dates quartered, half a handful of Raisons of the Sun the stones taken out, six spoonfuls of Rhenish Wine, Malmesey or Muskadine, three or four whole Mace, cover the pot, and stop it close with paste, and set it in a pot or kittle of hot water, and let it boil softly with a temperate fire four hours, then take it up and let it run

run through a fair cloth without any forcing, then put it in a fair glasse or pot, and keep it close covered, and give to the Patient two or three spoonfuls at once, or in quantity as the stomack is able to take it, in some broth made of Mutton or Veal, first in the morning, and as often in the day besides as he hath a stomack to take it.

*To preserve the Body.*

Take a pottle of fair water and six Calves feet, and put therein Betony, Long-wort, Liver-wort, Knot-grasse, Clary, Balm, with a quantity of Mace, Cinnamon and Ginger, and six Dates; let all these be sodden together till it come to a Jelly; and then take a quart of White-wine, or very pure Claret, and put therein, and eat it at your pleasure.

*Another.*

Take the marrow of Venison, a pint of running water, three leaves of Clary, three leaves of Comfrey, one handful of Archangel, a handful of Charnol,

theree Dates, a handful of small Raisons, seeth altogether till it come to half a pint, then strain it, and put thereto a pint of white Bastard, and a quantity of Manus Christi.

*Another.*

Take a pint of Muskadine, and put thereto Hemp-seed and blanched Almonds, and Cap Dates, two or three whole Mace, and a Nutmeg, and three crops of Rosemary, and a little Saffron and red Rose-water, and boil them all together till half be boiled away, and after they be boiled, put thereto Mithridatum about the quantity of a hasel Nut, but let it not seethe after, and let the party drink thereof at his going to bed at night.

*Another.*

Take a pottle of water, and a Chicken, and two Fennel roots, two Parsley roots, three Dates, a handful of Currants, and boile them altogether, from a pottle to a pint, then take two spoonfuls of Hasel Nut kernels, and

and eight blanched Almonds, stamped together with the Nuts, and strain them into the broth, and so drink it morning and evening.

*For avoiding gravel in the Body.*

Take a couple of eggs, and boil them hard, then take the shels only, and stamp them very small, then take six Dates stones, and one Nutmeg, and stamp them likewise, then take of Cene as much as the two former things do weigh, then searse it through a very fine Searse, then take the weight of four pence or six pence and drink it in a quantity of White Wine, Ale or Beere, in the morning as long as the things do last, and it will break it away, with hot broth within one hour after.

*A Medicine for a weak Body.*

Take a Legg of Veal, and wash it very clean, and put it into a gallon of fair spring water, set it over the fire, and skumme it very cleane,

and then put in a quarter of a pound of the best red Currants you can get, and half a handful of the Roots of Orpine, the skin being clean pick'd off, and some grated bread to thicken; let it boil softly over the fire till it cometh to a pottle, and then put in half an ounce of Coral very finely beaten, and half an ounce of Cinnamon finely beaten, and let it be stirred when the Spices be put in; and this you must drink three times a day, being boiled three or four walmes after the Spices be put in. You must drink it in the morning fasting, and an hour before Dinner, and an hour before Supper. It must be very warm when you drink it, and in the morning fast two hours after you have taken it. This is good for a weak back, for the Mother, and for the Whites, and for the running of the Rains.

*To comfort the Spirits of one that is weak.*

Every two or three hours give the Patient a spoonful of Syrrup *De Corticibus Citri*, and therein three or four drops of *Aqua Cœlestis*.

*A very good Glister for a weak body that is troubled with the Cholick.*

Take a piece of a knuckle of Veal, set it on the fire in a convenient quantity of water, one Fennel root scraped, and the pith taken out, one Parsley root scraped the pith taken out, Camomile, Pennyroyal, Burrage and Bugloss, of each a handful, Raisons of the Sun stoned, three pieces of large Mace, and a piece of Cinnamon bruised a little, one Nutmeg quartered: Let these boil till it hath a good taste of the meat, then strain out a pint of this Broth in a Bason, and put to it four spoonfuls of Oyle of Rew, the yolk of one new laid egge, three penny worth of Sugar candied; stir all these well, and give it with a Glister-pipe blood warm, about eight of the Clock in the morning and four in the afternoon.

## BRAINES.

*A Gargarism to purge the Braines. By Dr.* Deodate.

Take six spoonfuls of Wine Vineger, and twelve spoonfuls of water, and two spoonfuls of Honey, clarifie them together, and add thereto one spoonful of Mustard.

## BREST.

*To heal a sore Brest when it is broken.*

Boil Lillies in new milk, and lay it on to break it, and when it is broken, tent it with a Mallow stalk, and lay on it a Plaister of Mallowes boiled in Sheeps tallow. These are to be used if you cannot keep it from breaking.

*For a womans Brest not broken.*

Take Oyle of Roses, Bean flower, the yolk of an Egg, a little Vineger, temper all

all these together, then set it afore the fire that it may be a little warm, and then with a feather strike it upon the Breſt morning and evening or any time of the day when ſhe feels the pricking.

*A Drink for a ſore Breſt or Wound.*

Take of Avens, Plantane, Ribwort, Bugloſs, Primroſe leaves, Cuckoe Sorrel, Bramble leaves, and a yellow flower like to Dandillion, but ſomewhat leſs, Daiſies, roots and all, Sanacle, Wormwood, Strawberry leaves, Herb Robert, Egrimony, Cinqfoil, of each a good handful, not too much wormwood, for making it bitter; boil all theſe in a pottle of White-wine, and make it ſomewhat ſweet with Honey, then ſtrain it and wring out all the juice as neer as you can, then drink a good draught thereof in the morning and at night till it is done, and lay to the ſore a Primroſe leaf, or a Plantane: And when the breſt is ſore or hard, take Polipodium, Plantane and great Raiſons, beat them ſmal, and lay it all about the Breſt upon a cloth.

*For an Ague in the Breſt.*

Take Groundſel, Daiſie leaves and roots, courſe Wheat cheſſel, make a Poultice thereof with the parties owne water, and lay it warm to the Breſt.

*A Drink to purifie the Breſts from Rheume.*

Take Hyſop, Figs and Honey boile them in Wine, from a pottle to a quart, drink it in the Evening hot and in the morning cold.

*For a ſore Breſt, or to dry up a womans milk, or to aſſwage the hard ſwelling, if it lye not too long.*

Take ſtale ſtrong Ale or Beer grounds, a ſmall peece of Allome, and a little Honey, and boil them together, then take a piece of woollen cloth, and cut two holes in it for the two nipples, and dip it in the liquor, and lay it to the breſts very hot, lay a piece of black wool upon the nipples.

For

*For stopping in the Breſt.*

Take Rew and ſeethe it in Verjuice, and ſo drink it.

*For a heat and ſwelling in a Womans Breſt.*

Take the whites of two new laid eggs and beat them very well; alſo take a handful of Violet leaves, and pound them very fine, and put them to the whites of the Eggs, and take as much wheat-flower as will make it as thick as a Plaiſter, and temper it well altogether and ſpread it upon a cloth, and lay it upon the breſt, and it will eaſe the pain, and take away the ſwelling. Alſo Snow-water and Sallet Oyle, *&c. Probatum.*

*If a woman want milk in her Breſts.*

The cauſe may be of heat or drowth, or of ſome cold quality of the breſt, that the blood which ſhould alter into milk be dryed out.

Again, the want of milk, may be for want

want of meat, or use of such meats as may dry the blood; or by bad digestion of the stomack, &c. use a good Diet, and eat green Marjerom in the morning fasting.

## BRUISE.

### *For a Bruise.*

Take running water a gallon, Ferne roots scraped clean, and sod in the water till it be halfe consumed, and then stamp them and strain them, and then put it between a linnen cloth, and lay it to the bruise or squat as hot as may be suffered, and it will help: you may wash the place pained with the liquor so that the skin be not broken.

### *A soveraign Medicine for bruised blood congevled in the body.*

Take Lyons Claw, that is, Predalian or our Ladies Mantle, and Sage, and Parsley, of each one handful, of Anniseeds, Fennel seeds, Hysop seeds, and

the root of Elicampane about two ounces, seethe them in two pound of water until the third part be consumed; drink this, and it loseth all congealed blood in the body, and expelleth it in the Urine.

*An excellent Balme to cure any bruise, though Bones be broken therein, and it is very good to cure wounds.*

Take of Scala Cœli one pound, Rosemary flowers four ounces, Pomgranat rinds two ounces, Sallet Oyle two pound, White Wine halfe a pint, bruise the Scala Cœli and the Pomgranate rinds, and in the Oyle and the Wine with the Rosemary flowers, infuse them ten dayes in the Sun; after that, boil them till the Wine be consumed, then strain it, and unto the Oyl being strained, put these things following, Mastick, Olibanum, of each four ounces, Aloes one ounce, Cassia four ounces, *Venice* Turpentine twelve ounces, Verdigrease one ounce; boil these in the Oyle until the Gummes be dissolved, then straine it, and keep it to use, and remember that in the end of the

the boiling the Verdigreafe be put in, and let the Turpentine be put in laſt, not letting it boil after, but only with the heat diſſolve it ſelf.

*For any Bruiſes, Aches, or any ſuch like pain.*

Take Roſemary tops, Toutſwaine leaves, Plantane leaves, of each two handfuls, Stone pitch and Turpentine, of each one pound, a pint of Sallet Oyl, a quarter of a pound of Wax, two ounces of Olibanum; the Herbs muſt be beaten very ſmall in a Mortar, and then boile them together in a Pipkin ſix or ſeven hours till it come to be as ſtiff as Soap, and when it is ſo boiled, it muſt be ſtrained through a linnen cloth, and ſo put up into Gally pots, the Olibanum muſt not be put in till the other be boiled ſufficiently.

*For a Bruiſe, or Strain, or Green Wound.*

Take half a pint of Sallet Oyl, a quarter of a pound of White-lead, two ounces of Cerus. Firſt, ſet the Oyl on the fire

fire in an earthen pan, and when it is ready to boil, put in the White-lead, being in fine powder, so let it boil a quarter of an hour, then put in your Cerus being beaten small, and stir it while it seethes, then drop a drop in cold water, and if it will roll, it is boiled enough; then powre it all into a Bason of cold water, and when it is cold enough to touch, annoint your hands, and roll it up in little rolls.

*An excellent Remedy for Bruises and Aches which come of cold.*

Take young Bay-leaves and Wormewood, of each a quarter of a pound, a pound and a half of Suet of a Loyne of Mutton, a quart of Oyle Olive, of Oyle of Spike two ounces, shred your Herbs small and your Suet, then put them in a stone pot, and powre the Oyles upon them, and cover it very close, and so let it stand close covered two dayes; then boil it till the Liquor be very green, that the goodnesse is out of the Herbs, then strain it, and reserve it for your use.

*Another.*

Take a pound of Butter out of the Charn-milk, and set it on the fire, and clarifie it, then take a handful and a half of red Sage, as much Camomile, as much Herb-grace, and half as much Smallage, some young Bay-leaves, chop all the Herbs small, and put them into the clarified butter, and boile them on a soft fire, stirring it until it be green, then strain it, and keep the Liquor for your use.

*For a Bruise or Strain.*

Take the grounds of Ale or Beere, Wheat Bran and Chickweed, and lay it to the grief three or four times a day upon a red cloth.

*For a Bruise or Sore unripened.*

Take Oatmeal and seethe it in sweet Cowes milk, until it be as thick as pap, and put it into a pan with a quantity of Sheeps suet, and boile them well, and

and then make a Plaister thereof, and lay it to the grief as hot as you can suffer it.

## BREATH.

*A good Medicine for a stinking Breath.*

Take two handfuls of Cumin seeds, and seeth them in good Wine from a pottle to a pint, and then drink of it fifteen days together morning and evening.

*Of a stinking Breath, how it cometh.*

This Infirmity proceedeth, First, when the Gums are putrified: Secondly, from hallow teeth: Thirdly, Stinking humors that fall downe from the head to the Pannicles of the mouth, and make the spettle to stink. Fourthly, Stinking slime of the stomack. Fifthly, the corruption of the Lights. Sixthly, Stinking matter and purulency. Seventhly, stopping in the Nose, or some exulceration of the same.

If-

If it be from any of these causes proceeding from the Head, then it is of heat; then purge the head, and wash the mouth often with Plantane water.

Also take green Oaken leaves, and dry them, and beat them to powder, and take one dram sod in Wine.

## BURNING.

### *An excellent Medicine for Burning or Scalding.*

Take Sage and seeth it in running water, and wash the wound with the water as hot as you can suffer it, and it will take away the heat immmediately, then take Sage, and Hartstongue leaves, and Sheeps dung, and fry it with Sheeps suet, and annoint the place therewith with a feather, and let it lye still; then take Sheeps dung and dry it to powder, and strew it twice a day, and annoint it twice a day; but take heed of picking any of it away, left there be holes in the skin ever after: And to asswage the stiffness, when you can abide it no longer, then bathe it

it a little in Sage water; but the less bathing, the sooner it will be whole.

*For a scalding or burning with fire.*

Take black Soap, about the bigneſſe of the sore, and spread it upon a linnen cloth like a Plaister, and so lay it upon the sore, and within half a day it will draw out the fire, and then lay healing Salve to it.

The Oyle of Cream and Snow water, is good to wash the place so hurt.

*For Burning or Scalding.*

Take the whites of two Eggs, and one yolk, and beat them well together and scum off the froth, then melt three spoonfuls of Barrowes greaſe, and take three spoonfuls of the juice of Sage, and put thereto, and stir it well together till it be cold, then make thereof a Salve.

*To heal a Burning or Scalding.*

Take the fat of dryed Bacon, and hold it between a pair of Tongs red hot, and let it drop into a pot of faire water, and of the dropping make your Plaister.

*For Burning in the fire.*

Take the second pill of a young Elme tree, and lay it in fair water the space of twelve hours or more, then fill out the water and warm it on the fire, and annoint the Patient therewith, and let it drink in the water, and when it is dry, then take new with the juice of Plantane as much of the one as of the other, and then annoint it therewith after the first water.

*To make Oyle of Cream for Burning or Scalding.*

Take a quart or a pint of new Cream, and boil it in a cleane Vessel, and ever stir it till it become curdy, and that it turne into an Oyle, then

then straine it through a cloth, and the Oyle will come from the curd.

*For Burning with Fire, Gun-powder, Scalding or the like.*

Take Snow water, or running water, and put thereinto fine Sallet Oyle, and beat them well together, so done, bathe the place grieved twice or thrice, and so rest that the fire may be taken out: then make this Oyntment following: Take of Daisies, roots and leaves, of Balme, and of Alehoofe, of each two handfuls, of Valerian and Orpine leaves, of each one handful, beat all these together very fine in a stone Mortar after they have been well washed and dryed, then take of fresh Butter unsalted two pound, of Barrowes grease one pound, and a pint of Neats foot-Oyle; boil all these together, till the water of the Herbs be consumed, by which time it will be a perfect Oyntment, then take it from the fire, straine it, and press it well out, and keep it well in

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an earthen pot, it will laſt ſeven years, and when you uſe it, take Primroſe leaves and pare away the ribs, and after the ſore place is well annointed, lay the ſmooth ſide upon the place grieved all over, and ſo lay on fine linnen, and change it often.

*For a Burning.*

Take half a pint of Cream, two handfuls of Wild Daiſies, with their roots, a few Roſemary tops, and a little Sugar, boil them together till they become an Oyl, then ſtrain it, and annoint the place therewith; but firſt waſh it with Whey.

*For a Burning or Scalding.*

Take Maiden wort and ſtamp it, ſeeth it in freſh butter, and ſtrain it, and annoint the place.

*Another.*

Take one handful of Barrowes greaſe, and two handfuls of Groundſel, and two or three handfuls of Houſeleek, ſtamp the

the Herbs together, then put to them new sheeps dung two handfuls, of Goose dung two handfuls, and stamp them altogether, and being hot, strain them through a cloth into an Earthen pot, and with the liquor annoint the burned place.

*Another.*

Take Plantane, Waybred, Daisies, and the green bark of Elder, and green Goose dung, and Oyl Olive, stamp them together, and wring them through a cloth, and bath the hurt with a fether.

CANKER.

## CANKER.

*To kill the Canker.*

TAke Herb-grace, Ribwort, Fetherfew, Groundsel, Parsley, Sorrel, leaven, Boares grease, of each a handful, and a little bay salt; shred all these together, and seeth them in the dregs of Ale with some Verjuice.

*For a Canker in a Womans brest.*

Take the dung of a white Goose, and the juice of Cellendine, and bray them well in a Mortar together, and lay thereof to the sore, and this will stay the Canker, and heal it.

*For a black Canker in a womans brest.*

Take pild Garlick and Rye meal, beat them together, and boile them in Wine Vine-

Vineger till it be thick as pap, then lay it on the sore, and change it three times a day till it be white, then take Pimpernel and stamp it with a little Honey, and lay it to the brest, and it will heal it.

*For a Canker in the Nose, Mouth, or Throat.*

Take of Rosemary stripped from the stalks, and of red Sage leaves, of each a like; dry them, and burn them in a clean chafingdish, then take a pretty piece of Allome, and burn it very fine, and make your Herbs very small, and then with some Honey temper it altogether; and make it pretty soft, and annoint the place with it three times a day, in the morning fasting, after dinner, and after Supper; let the water out of your mouth if you can, but if it go downe it will not hurt you; and before you annoint it, wash it with Orange pils cut in pieces, and laid in water; if you make it bleed it is the better. This Medicine wil look very black, but it is very good.

*For a Canker in the mouth.*

Take six spoonfuls of honey clarified, with as much water, boil it over the fire till the water be consumed, still stirring it; and when it is clarified, put to it a pint of the best and strongest White Wine, and a piece of Roch Allome of the bigness of a Hasel Nut, and a spoonful of Bay salt, let all these seeth together the space of a quarter of an hour, then take dry Rose leaves, Woodbind leaves, and Sage, of each a handful, and let them seeth a quarter of an hour more together upon a Chafingdish and coals, and let the Patient wash the sore with the liquor, and lay the leaves upon it, and if the Liquor be too thick to wash your mouth, take fair running water, and White Wine Vinegar, and a spoonful of Honey to be sodden together with the Herbs aforesaid.

*For a Canker or Itch over the Body.*

First take of Quicksilver, of Sallet Oyle, of Oyl de Baies, of each two pennyworth, a quantity of Quicksilver; to kil the Quicksilver, add a little bay salt,

or

or Salt peter, mingle all these together and so use it.

## CAUDLE.

*To make a Caudle of great vertue.*

Take a pint and a half of the strongest Ale may be gotten, twenty Jordan Almonds clean wiped, but neither washed nor blanched, two Dates minced very small, and stamped, then take the pith of a young Bief, the length of twelve inches, lay it in water till the bloud be out of it, then strip the skin off it, and stamp it with the Almonds and Dates, then strain them all together into the Ale, then boil it until it be a little thick; give the party in the morning fasting six spoonfuls, and as much when he goeth to bed.

## CHILDREN.

*For a child that is Jaw fallen, or Roof fallen.*

Take a handful of Chickweed, and lap it in a red Cole leaf, or else in a linnen cloth, and roast it in hot embers, and it will be a green Salve, then lay thereof to the bone in the neck, as hot as may be suffered. Also take four leaven of white bread, and crum it on the mould of the Childs head as a Plaister, and by Gods grace it will raise up the bone or mold within nine hours.

*For scowring of a Child that will take nothing inwardly.*

Take a handful of Pimpernel, and dry it between two tiles, and lay it to the soles of the feet.

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*An approved Medicine to cure Children that are weak limbed, and cannot go. By Dr.* Deodate.

Take Sage, Sweet Marjerom and Dane wort of equal quantity, beat them a long time together, and strain the juice out of them, which juice put into a double Vial glass, so that the glasse be full of it; then stop it with paste very close and cover it with thick paste all over, then set it in an Oven, and there let it stand so long as a great loaf requires time to be throughly baked, then take it out and let it be cooled, then break the paste round about it, and if the juice be grown thick, break the glass and take it out in another dish, and keep it in a gally pot, and when you will use it, take of it the quantity of two spoonfuls at a time and as much marrow of an Ox leg, mix it together and mingle it well, and morning and evening annoint, (as warm as can be suffered) the hinder parts of the Childs thighes and legges, and also his knees, chafing it well with your wirme hands; and in a short

time his limbs shall be exceedingly strengthned, and be enabled (by Gods blessing) to go and walk.

*To looſen the Belly of young Children.*

Tye a Nutshel full of the Salve of Mallowes on the Navel, and let it lye thereupon til it be soaked in. Do this once, twice, or thrice, till it be amended.

The Salve of Mallowes is thus made: Take Mallow leaves and pound them, then melt fresh Butter, and boil the Mallow leaves therein till it be green, then strain and use it.

Or give the child Sirrup of Violets, being heat, or Sirrup of Damask Roses, a quarter of an ounce at a time.

*For the Lusk of young Children.*

Give to the child both morning and evening a spoonful of Plantane water to drink; if the Child be old, give it the more, and give it no drink but such wherein Gold hath been three times quenched. Also annoint the stomack with the Oyle of Mastick and Oyl of Mints

Mints, towards his Navel downewards.

Also take the juice of broad Plantane, and Wine Vineger, of each a like quantity, and mix therewith Barley meal till it be somewhat thick, then cool it a little, and spread it upon a woollen cloath, and apply it upon the belly warm and when it is cold, heat it again.

Also take a new laid egg, and take away the threeds (as some call it) the two white spots that are joyning to the yolk, and beat it a good while, then with meal make a Cake and bake it in a pan, then beat it in a Mortar, and put powder of Cinnamon unto it, and bake it again, and let the child eat thereof now and then.

## COLICK.

### *For the Collick and Stone.*

Take a handful of Stone crop, Wild Time, Garden Time, Parsley, Saxifrage, Pellitory of the wall, of each a hand-

time his limbs shall be exceedingly strengthned, and be enabled (by Gods blessing) to go and walk.

*To loosen the Belly of young Children.*

Tye a Nutshel full of the Salve of Mallowes on the Navel, and let it lye thereupon til it be soaked in. Do this once, twice, or thrice, till it be amended.

The Salve of Mallowes is thus made: Take Mallow leaves and pound them, then melt fresh Butter, and boil the Mallow leaves therein till it be green, then strain and use it.

Or give the child Sirrup of Violets, being heat, or Sirrup of Damask Roses, a quarter of an ounce at a time.

*For the Lask of young Children.*

Give to the child both morning and evening a spoonful of Plantane water to drink; if the Child be old, give it the more, and give it no drink but such wherein Gold hath been three times quenched. Also annoint the stomack with the Oyle of Mastick and Oyl of Mints

Mints, towards his Navel downewards.

Also take the juice of broad Plantane, and Wine Vineger, of each a like quantity, and mix therewith Barley meal till it be somewhat thick, then cool it a little, and spread it upon a woollen cloath, and apply it upon the belly warm and when it is cold, heat it again.

Also take a new laid egg, and take away the threeds (as some call it) the two white spots that are joyning to the yolk, and beat it a good while, then with meal make a Cake and bake it in a pan, then beat it in a Mortar, and put powder of Cinnamon unto it, and bake it again, and let the child eat thereof now and then.

## COLICK.

### *For the Collick and Stone.*

Take a handful of Stone crop, Wild Time, Garden Time, Parsley, Saxifrage, Pellitory of the wall, of each a hand-

handful, four or five Rhadish roots, a little of Philip Pimperlow, scrape the roots, and slice them, and put all these into a gallon of new milk of a red Cow, and let it stand twelve hours, and then distil it with a soft fire, and take five spoonfuls of this Water, and put it into a good draught of Rhenish or White Wine, then warm it milk warm, and with the juice of a Lemmon and some Nutmeg and Sugar, drink this fasting in the morning, and fast four or five hours after, and walk up and down; take this every third day. *Probatum.*

*A good Medicine for the Wind Collick.*

Take a flint stone, and cast it into the fire until it be red hot, then put it into a pot of drink, and there will arise a great soame, let the Patient drink thereof.

*Another.*

Take the Herb Eve, and Holly without prickles, dry them by the fire upon a paper, and being well dryed, make them into a powder, and drink so much thereof at a time as will ly upon a Groat in White Wine or Ale, it is exceeding good.

For

*For the Collick in the stomack.*

Take a quantity of Conserves of Red Roses, three Pepper cornes, and beat them small; also take the seeds of Unset Time, with Anniseeds, beat them small, and put them into the Conserve of Roses, and mingle them well together, then put it into a Gally pot, and when your pain first cometh upon you, take the quantity of a small Walnut, and presently after as much Green Ginger as a Hasel Nut.

*For the Collick and Stone.*

Take Parsley, Pellitory of the wall, Saxifrage, Wild Time, Eyebright, of each two handfuls, twenty Rhadish roots scraped and sliced; steep all in a pottle of Red Cowes milk all night, then distil them in the hottest of May, and use it as followeth, Take nine spoonfuls of the water, and nine of Rhenish Wine, the juice of a Lemmon, half a Race of Ginger finely minced, and sugar it as you please for a draught: drink

drink [this] thrice a week fasting; and use presently moderate exercise.

*A Preservative against the Collick and Stone.*

Take a quantity of Parsley roots about two handfuls, boil them in running water till they be soft, then take out the pith and stamp them well, and put them in a pottle of stale Ale, then strain them from thence, and drink thereof for the space of nine dayes at the least.

*Another.*

Take a quart of White Wine, and boil it in an earthen pot, and when it begins to boil, put into it a handful of Mother Time, and let it boil half a quarter of an hour, then put unto it a head of Garlick stamped in a Mortar, then boil them together a little space, then strain it, and give the Patient to drink, and let him drink as much as he can when the grief is upon him; but if it cease or break not, then take about a penny worth

worth of Honey unto halfe a pint of the Drink, and by Gods grace it will help.

*For the wind Collick.*

Take a good quantity of Wormwood and tops of Rosemary as much, and boile them in Sack, and put them in a linnen cloth, and lay it warme to the belly where the griefe is, and (by Gods grace) it will help presently.

*Another for the same.*

Take a spoonful of the powder of Holland, which is to be had at the Apothecaries, and put it into a good quantity of stale drink, and make it luke warme, and so drink it. Or else take the weight of a French Crowne thereof in some warm broth after the manner of a Purgation; for it is not only good to break the wind presently, but it will purge also, and cause some stools. *Probatum.*

*To break the Wind Collick.*

Take Wormwood and Tansie, of each three branches, seven or eight leaves of brown Sage, stamp all these together and strain them into a quantity of Ale, and then drink it luke warm twice if it be need.

*For the Collick, and Stone, and burning Fever.*

Take some leaves of the Herb called Dandillion, and pound them small and strain them into stale Ale or Beer, and so drink some three or four times; It is not only good against the Collick and Stone, but also against a hot burning Fever.

*An approved good Medicine for the Collick and Stone.*

Take Coriander, Caraway, Fennel, Spicknard and Anniseeds, of each one ounce and a half, of Gromel seeds and Licoras one ounce; beat all these into fine powder, and let the Patient drink a scruple

ſcruple in White Wine a little warmed, and walk one hour after it faſting, and do this every morning and evening; and put thereto ſix drops of the juice of Juniper berries, and you ſhall find it excellent in operation. *Probatum.*

*Another.*

Take Parſley roots, Marſh Mallow roots, and red roots, of each alike, ſtamp them, and put them into a pint of White Wine, and ſtrain it, and let the Patient drink a good draught for three mornings together, and it will cauſe the Stone to break, and provoke Urine abundantly.

*For the Stone Collick.*

Take a half penny worth of Summer Savory ſeeds, and of Parſley ſeeds, of Bay berries, of Gromel, of each a half penny worth, and boil them in a poſſet of White Wine, and drink.

For

*For the wind Collick.*

Take the water of Heraff and the root of a red Dock, the inner pith taken away, and the neather bark of an Ash of one years growth, and pound them, and strain them with the said water, and so drink it first and last.

*Another.*

Take Parsley seeds and bruise them, and seeth them in Sack, and drink it warm when you have your pain. Also Carduus Balsam is excellent.

*An excellent Medicine for the Collick or Stone.*

Take Pellitory, Unset Leeks and Mallowes, of each a like, stamp them, and put thereto a pennyworth of Neats foot Oyl, and fry them well together in manner of a Plaister, put them in a linnen bag, and apply it to the Raines of the back, but for the Collick apply it to the Navel, and it will help within an hour.

CON-

## CONSUMPTION.

### *For a Consumption.*

Take a couple of Marrow bones and ſeeth them, and put in a great handful or two of Unſet Leeks cut ſmall, with the roots and blades fair waſhed, and when they be waſhed and ſodden, take them forth and ſtrain them, and take out the Marrow, and put it into the broth, then take a half penny worth of Ginger, as much Pepper, a penny worth of Cinnamon, a half penny worth of Cloves and Mace, a quarter of a pound of Sugar; let all be very ſmall beaten, and put into the broth, and drink it warme morning and evening as the ſtomack will bear it.

### *A Soveraign Medicine for man or woman in a Conſumption.*

Firſt take a red Cock and kill him, and flea him, and cut him in four quarters, but waſh them not, then take ſix cap

Dates,

Dates and cut them in four quarters, and take half a score of large Mace, and six whole Cloves, then put in three or four pieces of old Gold, and stamp the bones of the Cock, then take a pewter pottle pot, and lay in one quarter, and lay upon it some of every Spice, and a piece of old Gold, and so upon every quarter until the last be put in, and you may (if you will) put to the said Ingredients Amber, Coral and Pearle, but no kind of Licoras neither first nor last, and when it is perfectly boiled, put thereto a dozen or sixteene Raisons of the Sun, the stones taken out; Then take so much Rye dough as will stop the pots mouth close, and thick enough of the paste, so that no water may enter into it; then take a good great brasse pot, and set it on the fire, that the pewter pot, and the Ingredients that is in it may stand covered with water at least two handfuls, and put some heavy weight upon the pewter pot that it be not overthrown in the boiling, and let it seeth continually from five of the clock in the morning, untill eight of the Clock at night; then take it off and open the Pewter pot, and let the Patient

tient take of that Syrrup a spoonful at a time.

And when you make it for a woman, you must use these Herbs, Hartstongue, Motherwort, Mugwort, Mother Time and Comfrey, but no Herbs must be used for a man. And if the woman be hot in the liver, take Liverwort; and if troubled with the Stone, take a little Pellitory of the Wall.

*A very excellent Water for a Consumption.*

Take a red Cock, and pluck him alive, then quarter him and take out his bowels very clean, and wipe him very dry with a linnen cloth; then put the quarters into a pottle of the best Sack, and put into them Rosemary, Time, Pennyroyal and Pimpernel, of each of these one small handful, of Dates, the stones being taken out, half a pound, of Currans one pound, let them lye and steepe in the Sack two houres, then still them in a Stillatory, and of the Water thereof use two spoonfuls one hour before you go to Dinner, and so likewise before Supper, and it

it will much restore your body. This was used by the Lord Chief Justice *Popham.*

*For a Consumption.*

Take a pound and half of Pork, fat and lean, and boil it in water, and put in some Oatmeal, and boil it till the heart of the meat be out, and then put in two penny worth of milk, and boil it a quarter of an hour, and give the Patient a draught in the morning, in the afternoon and at night, and now and then some Barley water, and by Gods grace it will help.

*Another.*

Take a fair earthen pot, and put therein a gallon of Claret Wine, and then take a Capon well fleshʼd, but not fat, and gut him, and put in his belly half a handful of Mace, and as much Raisons and Currans, then cover the pot and set it on the fire, and let it seeth till the half be consumed, then put the Capon into a Mortar, with some of his broth, and bray his bones and all, then let it seethe

one

one walm after, and passe it through a Jelly bag into a close Vessel, then take a Goblet full, and put thereto the yolks of six new laid Eggs, the strainet taken away, and seethe it well, and then give the Patient to drink as hot as he can suffer it, in the morning fasting, likewise before noon, and before he goeth to bed; and ere three Capons be spent, by the grace of God he shall be much amended.

*To restore one that is in a Consumption.*

Take three pints of new milk, and one pint of very good Red Wine, and four yolks of Eggs, beat them with the milk, and Wine, and put to it as much fine Manchet crumbs as will make it thick like thin batter, and put in one quarter of an ounce of beaten Mace, and distil all these with fire, and draw a pint of water out of it, and take one spoonful of the water in Pottage or drink morning and evening.

*To nourish one in a Consumption.*

Take a Chicken, and take out his bones, and wash it in White Wine, and put it into a pipkin without liquor, with a few Currans, and then still it five or six hours upon Embers without coals, then take a spoonful thereof and drink with thin broth.

*For a Consumption.*

Take Coltsfoot, Burnet leaves, Wood-Betony leaves, red Rose leaves, Comfrey roots, of each one handful pick'd and sliced, boil them in running water, from three quarts to three pints, then strain them, and put into the liquor two pound of good Sugar, and the whites of two new laid eggs, then boil it a quarter of an hour, and take off the skum, and take of this Sirrup seven spoonfuls in the morning fasting, and at night to bedward. *Probatum.*

For

*For a Consumption or Cough of the Lungs.*

Take three spoonfuls of English Honey, and three of fair water mixed together, set it on the fire till the skum arise, then take off the skum, and take it from the fire, then put thereto the powder of Coltsfoot, and make it as thick as Conserves of Roses, which use at your pleasure.

*A precious Water for a Consumption.*

Take a quart of Rosewater, as much of womans milk, Goats milk, or Cowes milk, put unto it twenty yolks of Eggs, and mix them well together, and thereof distil a Water, and give the Patient thereof to drink first and last, with a Cake to eat made with Gold and Pearle.

*A Water good for a Consumption or weakneſſe.*

Take a gallon of new milk of a red Cow, and the yolks of twenty eggs, beat them very wel together and put thereto a pint

a pint of good Red Wine and two Manchets sliced; so mingle all these things together, and put them in a plain Still, and still it with a soft fire, and now and then stir it, or else it will have a cruft on it; the Water may be taken at any time three or four spoonfuls with some Sugar, the oftner the better.

## COUGH.

*For the Cough, be it never so extreme.*

Take a quart of new milk, and a pint of strong Ale, and make a posset thereof; then take off the curd, then take a quarter of a pound of Raisons of the Sun stoned, and two big sticks of Licoras, and two spoonfuls of Anniseeds, bruise them, and seeth all in the posset Ale, until half be sodden away, then take it from the fire, and put therein so much sweet Butter as the bigness of a Hasel Nut, but let it not seeth after; and let the party drink thereof evening [illegible] or eight

spoonfuls at a time as hot as he can. *Probatum.*

### *For the Cough.*

Take a head of Garlick, and prick it full of Cloves, then take half a handful of three leaved grasse, and as much Goats grease, put the Garlick head therein, and wrap it in russet paper, and so roast it in the ashes till it be soft, then beat it in a Mortar and straine it, then drink it in some Ale or Beer, it is good for the Cough.

### *A Tisan for the Cough.*

Take a quart of good old Ale, and set it on the fire and skim it clean, then take half a dozen of good Fennel roots, and scrape them, and take out the pithes, and bruise them in a Mortar, and put them in the Ale; then take a quantity of Licoras scraped and bruised and put it to the rest, then take a handful of Aniseeds, and sift them cleane, and bruise them in a Mortar, and put it into the Ale, and let it seeth together a pretty while, and take a handful of smal Raisons

sons, wash and pick them clean, and bruise them in a Mortar, and put it into the Ale and let it seeth a walme or two after, then take a penny worth of Sugar candied and put into it, when it is almost sodden from a quart to a pint, and when it is full sodden to a pint, take it off and strain it, and drink it at times convenient, and put to this Tisan, Sugar, Honey, and Powder of Elicampane root, of each a little, and some great Raisons, the stones taken out, and Parsley roots, and two or three Figs.

*For the Cough, if it be of the Lungs.*

Take half a pint of Aquavitæ, of Anniseeds a half penny worth, and as much English Licoras, scrape it and slice it thin, rub the Anniseeds very well, and fan the dust out of them, and put them in together, and let them boil on a soft fire till half be consumed, then strain it out, and wipe the pot, and put it in again, and put to it three ounces of brown Sugar candied, and set it against the fire till it be melted, then take it off, and use as often as you will drink.

For

*For the Cough or Cold.*

Take a quart of Ale, and put thereto a good sprig of Rosemary, and boil it, then put to it a spoonful of Sugar, and as much butter as an egg, and brew them together, and let the Patient drink thereof to bedward, and keep warm.

*For the Cough.*

Stamp two handfuls of Centory, and seeth it in three quarts of Ale to the half, then stamp it again and seeth it, and put thereto a pint of honey, and so take every morning thereof three spoonfuls.

*Another.*

The Cough is a Messenger of all Diseases of the Lights and Brest, through the grosness, drought, moisture, spittle, and other excrements; for the Cough is a motion of the Lights the which by the aire and moving

vertue of the Muscels that are within the breſt is meet, and made for to cough up all that which hurteth the lights, and the Rhume provoketh the Cough moſt of all. There are often perillous Coughs through Rhume that falls down out of the head upon the lights, and into the breſt, which is very ill to get out. It is good to purge the head with Cochia Pills, and to drink ſometimes a draught of Barly Water in the morning, and eat ſomething after it. Then take this Potion, Take Syrrup of Endive, Honey of Roſes, and Sirrup of Steches, of each half an ounce, Water of Succory and Endive of each one ounce and half, tempered together.

This Powder is approved to ſtay the Rhume; Take Spica of the Indies one quarter of an ounce, Cinnamon one quarter of an ounce, of the Scull of a man that dyed through violence, three quarters of an ounce: take every time it cometh, one dram after meat in Wine or any decoction.

Phyſicians do commend Barly Water mixt with Julip of Violets.

CORNES.

## CORNES.

*For to take away Cornes.*

First cut away the Corne and root him out, then drop into the hole 2 drop or two of a black Snail, and put thereto the powder of Sandyfer, and it will wear the Corn away.

Also cut your Cornes away, and lay a little piece of the red Cerecloth upon the hole, and in three months it will wear it clean away.

## CRAMP.

*For the Cramp.*

Take the little bones of the Hares hinder legges which are in the knee joints, if you touch the place grieved therewith it helpeth.

Also take Hollioaks, Oyl of Violets and of Swines greaſe of each a little quanti-

quantity and make an Ointment of them and annoint the place.

*Another.*

Take the Flank wool of a sheep carded in flakes, and dipped in Sallet Oyle, and wrap it about your leggs, or where it taketh you, and it will heat the Cramp and ease it.

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DEAFNES.

## DEAFNESSE.

*For Deafneſſe an excellent Medicine.*

TAke the juice of Betony with the moſt part of Camomile, wet in it a lock of wool, and ſtop it in the deaf ear: and Water ſtilled of the ſame Herbs, to be powred into the ears, is a help for deafneſs.

*For the Hearing.*

Take Oyle of Roſes and White Wine Vineger, of each alike, and mingle them together, and at night in bed put one drop into the ear, and ſtop it with black wooll, and lye on the other ſide.

## DROPSIE.

### *A very good Drink to cure the Dropsie.*

Take of Peperitis Roots, otherwise called Horse Rhadish, three ounces, slice them by the length very thin, of Licoras scraped and bruised two ounces, Winter Savory, Time, Pennyroyal, the tops of Nettles of each a small handful; of Smallage roots, Fennel roots, of each one ounce, of sweet Fennel seeds bruised three ounces, infuse all these things one night in two quarts of fair water, and three pints of Canary Wine, then boil all together the next day one quarter of an hour, then take it from the fire and let it run through a clean cloth and so drink a smal draught thereof in the morning fasting, and as much in the afternoon at three a clock and fast two hours after it, and so continue taking it until you be wel. Mr. *Smart.*

An

*An excellent Medicine for the Dropsie.*

Take Scruvey grasse otherwise called Sold Mella, and stamp it and straine it with White Wine, drink every morning some four or five spoonfuls blood warm, and fast one hour or two after it, and do the like every evening; this you must do two or three months together, taking now and then a little Mithridatum upon the point of a knife, and keep your self very warme, and wash those parts of your body that are swelled with this that followeth: Take Watercresses and Brooklime, and boil them, and wash the places therewith that are detected, and let it dry in.

*For the Dropsie.*

Take a pitcher full of two gallons of new Ale, then take Setwal, Calamus Aromaticus and Gallingale, of each two penny worth, of Spiknard four penny worth, stamp all, and put them into a bag, and hang it in the pot, and when it is four dayes old, then drink it morning and evening.

*A Dyet Drink for a Dropsie, Timpany, or other Swelling.*

Take one ounce of Sassaparilla, cut in small pieces, a quarter of an ounce of Sassafrasse, Hermodactulus half an ounce sliced, Anniseeds and sweet Fennel seeds of each half an ounce beaten, Licoras one quarter of an ounce, Raisons of the Sun two ounces, the stones taken out; boil all these in three quarts and a pint of fair water, Wine measure; then take it off the fire, and put to it one ounce and a quarter of Cene, and let it stand twelve hours, then strain it, and take at your rising in the morning, and a little before Dinner, and a little before supper, and at going to bed, a quarter of a pint to a draught, and use it three dayes together, or more if need require.

DRINK.

# DRINK.

## Dr. Deodates *Scurbuttical Drink.*

Take Roman Wormwood, Carduus Benedictus, Scurvy-grasse, Brooklime, Water-Cresses, Water Trifoil, of each one handful, Dodder, Cetrach, Scolopendria, Burrage, Buglos, Sorrel, Vervain or Speedwel, of each half a handful, Elicampane root one ounce, Raisons of the Sun three ounces, slices of Oranges and Lemmons of each fifteen, boil, or rather infuse these in a double glasse, with so much white Wine, as will make a pint and a halfe of the liquor when it is done.

*An excellent Drink for the Stomack and Breſt, grief of the heart, the Palſie, Jaundies, the Rhume, the ſoreneſſe of the Throat, the Ptiſick, all faintneſſe about the Heart and Stomack, and to make a good digeſtion, and to be of a good colour.*

Take the Powder of Pellitory of Spain and of Centory, Anniſeeds, Licoras, Graines of Paradiſe, Callamus, Ginger, Cinnamon, mix all theſe, and uſe them evening and morning the quantity of halfe a ſpoonful in Wine or Ale.

*A Dyet Drink to be taken in the Spring.*

Take a quarter of a pound of Madder roots, two ounces of red Dock roots, of Scabious, Egrimony, Carduus Benedictus, Liverwort, of each a handful, of Cene two ounces, of Licoras, Anniſeeds, Saſſaparilla, Saſſafraſs wood, Lignum vitæ and Hermodactilus, of each one ounce, put all theſe together into a rundlet of two gallons; bruiſe all the Herbs and Spi-

Spices, then put to it two gallons of Beer or Ale, and let it lye five or six dayes; then take Rubarb the weight of a Groat, and put it in a cloth, and steep it in a draught of Beer all night, and wring it into the Beer before you drink it.

*A most excellent Diet Drink for the French Disease.*

Take of good White Wine ten quarts, of good strong Beer as much, put thereto of the Bark Guacum, two pound of Cene, one pound of Licoras scraped and beaten to powder, one pound of the root of Sassaparilla scraped and cut in pieces an inch long, and slit in the midst, one pound of Apples of Colliquintida, the kernels taken out; put all these things together into ordinary stone pots such as their mouthes may be so little, as may be stopped close with corks or dough, and being so stopped, boil them in such a Vessel, as they may be hanged in, and not touch the bottome in the boiling, and so let them be kept boiling continually without ceasing for the space of four and twenty hours from the time they

they begin to boil, which you may do by having seething water ready in another vessel, and being so well bruised, strain the liquor from the dregs, and put therein one ounce of pure Mithridatum, and so let the Patient drink so much as he can possible, and no other drink till he hath made an end of it, and let him not eat any bread but bisket made without salt, and every day a few Raisons of the Sun, and nothing else for the space of ten dayes; then if the Patient hath not drunk all this potion of drink, let him (if he be weak) eat of a Chicken roasted, or a rib of a neck of Mutton dry roasted once in four and twenty hours, until he hath made an end of this quantity of drink, the which being drank, the Cure (by Gods help) is perfectly wrought; This quantity of Drink hath been drunk in six dayes, and it hath done the Cure: after the Cure is done, in any case keep a good Dyet for a quarter of a year, and abstain from women, and over much drink.

*An Excellent Drink to prevent Physick, being taken and used in the Spring and Fall, and approved by many who have found the successe to be accordingly.*

Take a gallon of Wort made of Malt, and put into it a good handful of Egrimony, and as much Goose-grasse, let them seeth in the Wort almost an hour, then strain it out, and put into the Wort of good Cene clean picked, and Anniseeds, both bruised, of each one ounce and half, and let them seeth one hour, and remain in the Wort, after take a good pot ful of the Wort, and put into it ten penny worth of the best Rubarb thin sliced, then close up the pot with paste, and let it stand to infuse upon embers twelve hours, then put it again to the rest of the Wort; and tun it up as other Ale, and at the bunghole put in a good handful of red Dock roots scraped and sliced; Drink of this in the Spring and Fall of the leaf, a draught or two in the morning, and fast after it two hours, and use it for three weeks or a month at both times of the year

year as you see cause, and take it every day or second day as you finde it work.

### *A Dyet Drink to heal Wounds.*

Take of Egrimony two handfuls, of Daisie leaves and roots, Wild Angelica, Ribwort, Mugwort, Wormwood, Comfry, Mints, Canapit, Speedwel, Avens, Bramble leaves, Arcamilla or Sincle, Scabious, Betony and Dandillion of each of these a handful, boil them all together in two gallons of running water some three hours till half be consumed; then put into it a pint of White Wine, and half a pint of honey, then strain it out, and so keep it, letting the party drink thereof two or three times a day.

## EYES.

*A good Medicine to preserve the Eye-sight.*

TAke green Barly before it be eared, and distil it, and use daily now and then, to lay a little on your eyes of that Water, and it will continue the sight.

*A special good Poultice for sore Eyes, that be much swelled and cometh by the Rheume.*

Take a quantity of Bean flower, some of an Apple finely scraped, a little womans milk, of Sorrel Water, red Rose-Water, Plantane Water, of each a little quantity, mix all these together, and make a Poultice thereof, then spread it upon a fine linnen cloth somewhat thick, and put it to the Patients Eyes cold.

*A Plaister for sore eyes.*

Take of the pap of a roasted Apple two spoonfuls, the like quantity of new laid eggs, of Saffron thirteen chives dryed and made into fine powder; work these together to one substance, and put thereto of Womans milk of a maiden child one spoonful, of Rose water the like quantity; of these make your Plaister, and lay it to your eyes morning and evening, and have in a readiness the powders of these stones following, Lapis Calaminaris quenched nine times in White Wine, Aloes Hepatica, white Sugar candied, Tucia prepared, Camphire, of each of these half a dram, made fine to powder, sow these in a fine cloth or fine silk, and put it in a glasse of water, and of this Water drop into your eyes morning and evening and lye upon your back when you drop it into your eyes. Make your Water as followeth, Take Roses, Marigolds, Plantane, brown Fennel, Eyebright, Cellendine, Tormentil, Betony, Scabious Fumetory, Oaken buds, of each of these two ounces, mix all these in a glasse, and put in the powders above said.

*A very good Medicine for Eyes that be troubled with Pin or Web, or other dimneſſe.*

Take the yolk of a new laid egg or two, and beat it well until it cometh unto a great froth, then let it ſtand ſo a little while, and let the Oyl run into a ſawcer, and put the juice of Daiſies, with the bloſſomes, leaves and roots being ſtamped and ſtrained, into the Oyl of Eggs, and put a little clarified honey unto it, and mix all theſe well together, and let the Patient take every morning and evening into the ey that is grieved, a drop put in with a feather, let this be uſed ſo long as the pain laſteth.

*Another for ſore Eyes.*

Take a little Roſewater and womans milk, and mix them together, whereof the Patient may uſe a drop at a time as above ſaid. And if the Patient be a man the womans milk muſt be of her that hath a daughter; and if the Patient be a woman ſhe muſt have the milk of her that hath a ſon ſucking upon her,

*For*

*For a Pearle, Pin or Web in the Eyes.*

Take a little Hony clarified as it cometh from the Hive, and so drop it into your eye evening and morning, and it will help. *Probatum.*

*A very good Medicine for sore eyes that cometh of the Megrim.*

Take the white of an egg, and beat it well, then skim it, and put to the Oyle some case Ginger finely beaten, and some White Wine Vineger, then take flax and dip it in the Oyl, and lay it on your Temples, and take heed that no part thereof come into your eyes. Do this four or five nights or more, when you go to bed, and every time wash your eyes with the water that cometh of cutting of Vines. *Probatum.*

*A Water very comfortable for the Eye-sight.*

Take of Rose leaves, red Fennel, Vervain, Rew, Cellendine, and Eyebright, of each a handful, and so still them all together

together, and you shall have a good Water for the eye sight. *Probatum.*

*To recover the Eye sight.*

Take Smallage, Rew, Fennel, Vervain, Egrimony, Betony, Scabious, Avens, Houndstongue, Eyebright, Pimpernel and Sage, of each a like quantity and distil all these together with a little Urine of a man-child, and five grains of Frankinsence, and drop of this water every night into the eyes, and the sight will recover by Gods grace. *Probatum* by Mr. *Whaley.*

*For sore eyes and blind.*

Take the white of a new laid egge, strained from the yolk, beat it well to an Oyl, and take off the froth, and put to the Oyle a spoonful of good White Wine Vineger, and a spoonful of Rose water, beat them all well together, and with a little flax, lay to each temple a Plaister, but take heed it touch not the eyes; use this three or four times to bedward, it hath brought them to sight that were seven weeks blind. *Probatum.*

For

*For red Eyes.*

Take a new laid egg or two, and roast them very hard, then without taking away the shels cut them in sunder, and take out the yolks, and scrape a little white Copperas, and put it where the yolks were, as much Copperas as a little pease is enough for one egg, then strain the whites with the shels through a cloth into a sawcer, and with this Oyl annoint your eyes when you go to bed.

*For Eyes that be Bloodshed, or have Pushes in them.*

Make a toast of fine leven bread, and lay it in Wine till it be soft, then put it in a cloth, and to bedward lay it in the cloth to the eyes, and it will heal them.

*For an Eye that hath been hurt, so that the Ball was ready to fall out, being swolne as big as an egge.*

Take a rotten Apple that is throughly rotten

rotten, and take it from the core, then beat the white of an egg well, and drop the juice of the Apple therein, and bind it with a cloth to the eye, and so dresse it twice a day till it be whole.

The gall of a Hart and clarified Hony well mingled together is very good for the Web in the eye; it must be laid on with a feather.

*For a Pin or Web in the eye.*

Take White Wine and put it in a Bason that is bright; and put Bay salt unto it, and let it stand for nine dayes, two of the dayes shake the Bason, and at the ninth dayes end put it into a glasse and keep it for your use; it is also good for red eyes.

*An excellent Water for sore Eyes, by Pearle, Pin and Web, Lash or Prick.*

Take of Cellendine, Herb-grace, Betony, brown Fennel, Eyebright, red Rose flowers, Maidenhair, or as many of those as you can get, distil of each

each alike much apart by themselves, and not altogether, then take of each water a like quantity, and put them together in a glasse, and let the party grieved lye upright one half quarter of an hour in the morning at noon and at night, and drop into his eyes at each time one or two drops, and close the eys afterwards.

*For sore Eyes.*

Take a rotten Apple that is throughly rotten, and cut out the core, and then strain it through a fine cloth into some fair thing, and of the juice of that Apple drop into your eye that is sore morning and evening.

*A precious Water to clarifie the Eyes, and to take away the Pearle in the Eye.*

Take red Roses, Smallage, Rew, Vervain, Maidenhair, Ewfrace, Endive, Seagreen, red Fennel, Hillwort, and Cellendine, of each like quantity, then wash them clean, and lay them in good White Wine the space of a day, and then

then distil them, the first water will be like Gold, the second like silver, and the third like Balme for any sore, and it is precious for Ladies in stead of Balm water.

*For heat in the Eyes.*

Take a new laid egg, open the top, and let out all that is in the shell, and divide the yolk from the white, and then put in the white again into the shell, and put thereto as much of the juice of Houseleek strained, as there is of the white of the egge, and so much Roach Allome as a hasel nut; then set the egg shell with the things aforesaid in it, upon some embers, and so let it boil, and when it is boiled, the white will be somewhat hard; then take it off, and let all the water run from it, and that water drop into eyes that be sore morning and evening.

The juice of Slowes, being dropped into the eyes, is as good a Medicine as may be, and so is the juice of Cellendine; but they must be severally used.

*A very good Water for a Blast or Rheume in the Eyes.*

Take Callaminaris stones, and burne them well in the fire, and when they be very hot, quench them six or seven times in pure White Wine and Rosewater, then leave the stones in the liquor two or three dayes, and after apply it to your eyes. Mrs. *Meggs* Receipt.

*An Oyntment for sore eyes, and such as be blasted.*

Take the powder of Callaminaris, and put thereunto the grease of a fat Pullet that never laid egg, and some White Sugar candied finely beaten to powder, and some Oyl of Almonds, mix all these well together, and use it as occasion is offered. Mrs. *Meggs.*

*For a Pearle in the Eye.*

Take a quantity of Pearlwort, as much Heyhowd, and a less quantity of Ground Ivy, and stamp them, thereto put a spoonful of life Honey, and about two

two or three drops of Rosewater, strain these, and drop the juice often in the eye.

*Another for the same.*

Take white Hemlock, and Ground Ivy a little quantity, sowre leaven and a little Bay salt, and stamp them, then put thereto a little Vineger, and thereof make a Plaister upon Sheeps leather, and lay it to the wrist of the contrary side.

*To stay the hot Rheume in the Eye.*

Take Bole Armoniack powdered, the white of an egge well beaten, and thereof make a Plaister, and lay it to the temples.

*Another for the same.*

Wet a Cloth in the juice of Houseleek, and lay it upon the brow.

*For heat in the Eyes.*

Take White Wine, wherein Lapis Callaminaris hath been seven times

quenched, and drop it into the eyes when you go to bed, with a feather.

*For the black or White Pearle in the Eye.*

Take a handful of Ground Ivy, and ſtamp it, and ſtrain it with ſome faſting ſpettle, and temper it with a little clarified Honey, and drop it in your eye. Take Sugar candied, and beat it ſmall, and ſearſe it fine, and blow it with a quill into your eye. Take Coperas, and beat it very fine, and blow it in the eye. Take Wormwood and beat it, then take the white of an egg and beat it, and take off the froth, then make a pellet of flower, and wet it, and warm it, and lay it to the eye,

*For ſore Eyes.*

Take the whites of two eggs, and beat them with a ſpoon till they be as thin as water, then take away the skum with a feather, then take a piece of rough canvaſs, as broad as ones forehead, and put upon your canvaſs Tow or Flax, then powre your egge upon it, then take

Bole

Bole Armoniack with Terra Sigillata, and so bind it fast to your Temples when you go to bed, but lye not upon the sore eye side, and in the morning when you rise take it off suddenly, but soak it first with fair water, lest it grieve you when you take it off. Do this three nights together.

*Another.*

Take the Oyle of a Goose wing, a little English Honey, and beat them well together in a sawcer, then strain it through a clean cloth, and drop it into the eye with a feather. *Probatum.*

*For heat in the Eyes.*

Take a piece of a new white loaf, and put it into running water, and wrap it in a linnen cloth, and lay it to the Eyes.

*For a Pin or Web in the Eyes.*

Boil in egg-shell water, the stones of Raisons of the Sun, and Goose dung

new taken and strained therein is very good.

Capons grease washed in Plantane water, and Tutia prepared mixt in it is very good for a sore eye.

*For Bleare Eyes.*

Take the juice of Wormwood and mingle it with the water aforesaid, and put into your eye will take away the blood and aking.

*For Blood-shotten Eyes.*

Take the blood of a stock Dove, or for want of it, of a Pigeon, and drop a little into your eyes, and wet a cloth therein, and lay it on the Eye, helpeth the blood shotten eye, whether by stroak or otherwise. Sometimes the paine cometh of Choler, and then the patient feeleth great heat, sharp prickings, much paine, and commonly there appeareth no gumme in the Eye; if there do, it is yellow: therefore the Patient ought to be purged, as hath been said in the Remedies of the head proceeding of the

the cause of Choler: And in the beginning of the redness, lay Tow or Flax dipped in the white of an egg well beaten with Rose-water and Plantane water.

*To recover the sight.*

Take three drams of Tuttie made into very fine powder, as much of Alge Epatum, or Epaline in powder, two drames of fine Sugar, six ounces of Rose-water, as much of pure White Wine mixt all together, and put it into some clean Vessel of Glasse; and being well closed and stopped, set it in the Sun a month together, stirring it once every day; then take four or five drops of the same water, and put it into the Eyes morning and evening; this in short space will cause the sight to come againe as faire as ever before.

*For swelling of the Eyes.*

Take a Quince, and seeth it in water til it be soft, then pare it, bruise it, and mingle it with the yolk of an egg and the

crumbs of white bread dipped in the same Water, and put thereto a little womans milk, and two penny worth of Saffron, bray them together, and lay it over your forehead and the eyes. Sometime such pain chanceth because of phlegme, and then the Patient feeleth great pain and heavinesse in the eyes, and in this case you must purge the phlegme, as hath been said in the Remedies of the head grieved with the excess of phlegme.

*To clarifie the sight, or for redness of the eyes.*

Take Salt and Ginger, and make it in fine powder, and temper it in White Wine, and let it so stand a day and a night, then take of the thinnest, and wet your eyes with a feather, when you go to bed: to resolve the Gum, you must wash your eyes with houseleek; sometimes the pain cometh because of ventosity or wind, and then the Patient feeleth such pain as it were beating between the ears with a Hammer, for which it is good to make a Decoction of Camomile flowers, Mellilote and Fennel seeds in water and White

White Wine, and therein wet a fourfold linnen cloth well pressed down and lay it upon the eyes often. Otherwhiles there chanceth pain in the eyes by outward accidents, as wind, dust or heat; milk well beaten with the white of an egge is good: and sometimes the same pain cometh of striking, and then drop in your eye the blood of a Pigeons wing, which blood will take away spotted marks and redness of the face.

*For a great pain in the Eye.*

Take half an ounce of Oyl of Roses, the yolk of an egge, and a quarter of an ounce of Barley flower, and a little Saffron mixt together, and put it between two linnen cloths, and lay it to the pain; or else take the crumb of white bread one ounce, and seeth it with Nightshade, and Morral water, then mix with the same bread yolks of eggs, Oyl of Roses and Camomile of each an ounce and a half, of Linseed one ounce, and use it as aforesaid.

*A very good Water to strengthen the sight and to prevent a Catherick.*

Take Eyebright, Vervain, Tormentill of each two pound, Cellendine, Egrimony, Wood Betony, Honeysuckle flowers, White or Red Roses, Vine leaves, Pimpernel, Fennel, Rue, Oculus Christi, Chickweed, Smallage and Clover, of each a pound, beat them small, and steep them in a gallon of White Wine twelve hours, then fill your Still reasonable full, and put to it three great spoonfuls of Honey, a pint of new milk, and half a pint of Urine of a man child, then still it, and draw about a pint and a half of a Still.

*For an Eye that is very full of pain.*

Take of Violet leaves a quarter of a handful, of Daisies roots and all, half as many, wash them and dry them very well in a cloth, then stamp them, and put to it a spoonful of red Rose water, and strain it, then take the white of a new laid egg well beaten, and take away the froth, then put that to the things afore-

aforesaid with half a quarter of a spoonful of Honey, and drop this in the eye morning and evening, and twice or thrice a day; and at night lay on the eye the pap of a roasted Apple, or of a rotten Apple, and put a little juice of Houseleek amongst it, and a little fine Sugar candied, lay it upon the Eye two or three nights; if the pain be great, lap upon it a piece of fresh Bief, two or three hours, and so again as you see cause. Lay to your neck behind, Elder leaves and Woodbetony dryed between two tiles sprinkled with a little Vinegar, and strew on good store of beaten Pepper; when it is hot, lay it on a thin cloth, and so lay it to the neck night and morning four or five times. Also make blisters behind the ears if you see cause. If there grow a skin upon the eye, put in Allome Water with the juice of Cellendine in it, or if it be much, the juice of Ground Ivy; drop this in twice a day, and the white powder once a day.

*For Blood-shotten Eyes.*

If the Violet Water will not help, take

five or six cornes of Cummin seeds bruised, as many blades of Saffron put in a fine rag, let it soak in a spoonful of red Rose water, strain it, and put to it a spoonful of Womans milk, and drop this often into the eye.

*For a very great Pearle in the Eye.*

Put in the Eye a little clarified Honey, and a little fine Ginger in it, and sometimes the powder of white Sugar candied: half an hour before you put in either, put in a little fresh grease.

*For a Rheume in the Eyes.*

Make Eggshell Water, with the juice of Houseleek, as much white Copperas as a pease, twice as much Honey; this is good if you perceive the Humour to be very hot; also it is good with Snow water: and if the Humour be cold, make it with half stilled water, and half Eyebright Water; if between both, make it with fair water.

*To stay the Rheume in the Eyes.*

Take Woodbind bruised, and lay it to your Temples.

*For a Pin or Web in the Eye.*

Take Herb Christopher, stamp it, and strain it, and put in a little honey, drop it in twice a day; also lay on his eye white bread, milk and Violets made in a Poultice; also take Cellendine, Daisies, roots and all, brown Fennel, Cliver, Betony, Plantane, Sorrel twice as much as the rest, there must be of each a handful, a pint of new milk, a dram of white Coperas in powder, two great spoonfuls of Honey, do not draw it dry: drop it in the eye three or four times in two hours, and lay a wet cloth upon the eye.

*To bring away the Rheume from the Eye.*

Set the feet in Camomile sod in water two houres if you can, then lap them in a blanket two houres, keeping

keeping it warme with warm clothes.

*For any spot in the Eye.*

Take the scraping of a whetstone and Bay salt made very fine, and put thereof twice a day into your Eye.

*For a Pin and Web.*

Roast an egg; and put in a piece of Copperas as big as a Pease, and nine Cummin seeds, strain it, and put in a little Honey; Aloes Sicatrina made in powder, and strained with a little Rose water, is very good for any sore eyes. Capons grease washed with Plantane water, and Tutia prepared and mixt together is very good for sore eyes to annoint them with it.

*To stay the Rheume in the Eyes.*

Make water seething hot, and wet a good big cloth in it, and lay it all over the forehead, when it beginneth to wax cool, wet another, and lay to it hot, and do so half an hour together against the fire.

For

*For a prick in the Eye, with a thorne, and to drive out the thorne or ſtubble.*

Take the treddle of an egg, and put it in your eye, and bind it in.

*For a Bruiſe in the Eye.*

Lay to the Temples a piece of raw freſh Beef, and to the eye put in Violet water, and lay on the Eye the pap of an Apple, with ſome of that water, a little Sugar, and the yolk of an egg boiled together.

*For an Ague in the Eyes.*

Lay on the eye a piece of freſh Bi[illegible] two hours, and drop on the Eye Allo[illegible] water, and lay in the Temples leaven, Roſewater, Vineger and Nutmeg to ſt[illegible] the Rheume.

*For a Pin and Web.*

Take Ground Ivy, ſtamp and ſtrai[illegible] with red Roſe water, and drop it o[illegible] in the eye.

*A very good Powder for a spot in the Eye.*

Take of Alloes Sicatrina, Sugar candied, or very good Sugar, of each a like quantity, make it into fine powder, and put it often into your eyes when you go to bed, and Eyebright water in the morning, and once more in a day.

*For red or yellow Eyes.*

Take the juice of Parsley and the white of an egge mingled together, and a little Rosewater, dip flax therein, and lay it over your eye, and it will help you.

*For Eyes that be blasted.*

Take Plantane Water and the white of an egg, mix them well together, and wash your eyes therewith, and lay it on your eyes.

*To clear the sight.*

Take Cellendine, Eyebright, red Fennel,

nel, Roſes, Seagreene, Maidenhair and Rue, of each two ounces, then put thereto half an ounce of Alloes, ſtilling all theſe in a Stillatory, then waſh your eyes therewith.

*For red Eyes, and for the Pearle.*

Take white Ginger, and rub it on a whetſtone into a diſh; then take as much ſalt as you have powder, and put them in White Wine, and let them ſtand a day and a night, then take the juice and liquor thereof with a feather, and annoint your eyes.

*To take away the Web in the Eye.*

Take the gall of a Hare, and a little quantity of purified honey, temper them well together, then take a feather, and annoint your eyes therewith.

*A Water for the Eyes.*

Take of Tutty and Alloes Sicatrina, of each ſix ounces made in fine powder, four drams of fine Sugar in powder, of white

white Rosewater, and of the best white Wine unchanged, twelve ounces mixt all together in a glasse, stop it close, and let it stand in the Sun a month, let not your glass be ful, shake it once a day, turning the bottom upwards, then strain it through a fine cloth from the dregs, and when you use it, one drop is sufficient at a time; use it morning and evening, and if one drop be too little, take two.

*For sore Eyes.*

Take the whites of two eggs, and beat them with a spoon till they be as thin as water, then strike away the froth with a feather, then take a piece of rough canvas tow or flax, then powr your whites on it, then take Bole Armoniack with Terra Sigillatum, and scrape them both upon it and with a knife spread it. Plaister wise, as much of the one as of the other, and so fast bind it to your forehead, and in the morning when you rise take it not off suddenly, but take it off with fair water. Do this three nights together.

*For Blood shotten Eyes, Rheume or sore Eyes.*

Take four spoonfuls of Rose water, of white Copperas as much as a pease, and of Allome and Sugar candied, of each as much as a pease all in powder, sometimes drop of this in the eye, and sometimes wash the eye with it, and lay Herbs to the wrists. Also Rosewater, Sugar, and Saffron is very good, Sugar candied is the best.

*For a spot or itching in the Eyes.*

Take Ground Ivy, Cellendine and Daisies, stamp them and strain out the juice, then put to it a little Sugar and Damask Rose water, and drop in the eye twice a day.

*For sore eyes, or for any part inwardly disquieted by any Ache, Swelling, Wound or Stroke.*

Take the leaves of Woodbind and Plantane, of each one handful, also three or four Dittony leaves, of Roach Allom well

well washed, the quantity of an egg, as much Verdigrease, three spoonfuls of pure honey, put all this into a vessel to be kept only for that purpose, put to it a pottle of fair running water, and after it hath boiled one quarter of an hour let it stand four or five hours; powre out the clear, and bury the grounds; if it be too sharp, put in some white Rose water. If the lids be sore with Rheume, or the eyes be red or burning, drop in, and wash the lids often with the white of an egge; if it be for a horse, put in more Verdigrease and Honey.

*Another.*

Take the Water of Roses, Saxifrage and Fennel, of each alike, and put to them a small quantity of Verdigrease, and boil it a little on the fire, and when it hath setled, take the clear, and see you wash Auxungium Poecati seven or eight times, and of that put in to your eye a little when you go to bed.

*For*

*For Eyes blasted or swoln.*

Annoint them with rape Oyle, and lay to a Plaister of Flower, Cream, Hogs grease, Rose water and Violet leaves bruised small, and boil all to a Poultice, and lay it to warm, change it as waxeth dry. Capons grease washed, and Tutia prepared and mixed with it is very good to annoint sore eyes.

*For Ache, Strain or pain in the Head by sore Eyes.*

Take of Plantane, Wood Betony and Ragweed, of each one handful, put as much flower to it as will make it a paste, the Herbs being first beaten small, make it in a Cake, and make it through warm on a Gridiron, and lay it to the nape of the neck, and let it lye twelve houres, and lay fresh as you see cause.

*A Purge for Choller, when there is Pain in the Head, or Rheume in the Eyes.*

Take of Cene and of Ginger sliced one

one ounce, two ounces of Cassia, and six ounces of Sugar, stamp them all together, and boil them in a pint of Rose water till half be consumed, then put in two ounces more of Sugar, beat it well, and keep it close: Take of this Confection a quarter of an ounce in the morning and fast three hours after, putting it into a draught of White Wine warmed, strain it, and so drink it, and use it in the Spring and Fall once in ten days for two months or six weeks. If you make but for one, you need make but half this quantity. It purgeth very gently.

*For Eys that be troubled with sorenesse and rednesse.*

Colewort leaves boiled in White Wine and Plaisters made of them, and laid one the eyes, is good for sore eyes that water much.

To wash them with the Water of Plantane is very good.

Also skivers or pricks of any kind boiled in fair water with red Roses amongst them, save the fat and drop it in your eyes morning and evening is very good.

*To take away spots of Blood in the Eye.*

Take red Roses and seeth them, and let them be set warm to your Eye, it taketh away spots of blood; it is good also for all Diseases in the Eye; for redness in the eye that cometh with a blow or any other violence; you must lay to it by and by Towe wet in Rosewater and white of eggs, juice of Wood-betony and Egrimony, and after the pain is mitigated you must lay a Plaister upon it made of a raw egg, Barly flower and the juice of Mallowes. If that do not help it, take wheat flowers, the juice of Mallowes, Mints, Smallage, and the Oyl of an egg, and make a Plaister thereof, and lay it to.

*For hardnesse that hath been long in the Eye.*

Take a Scruple of Alloes, and melt it in Water of Cellendine at the fire, then put of it in the eye.

Or take powder of Cummin mixt with Wax like a Plaister, and lay it upon the

the eye: Or take Roſes, Sage, Rew and Cellendine, of each alike, mixt with a little ſalt, and diſtil it, and thereof put a drop or two evening and morning in your eye. In ſtead of that water, it is good to take the juice of Vervain, Rue, and a little Roſe water.

*For the Pin or Web.*

Take tops and crops of Herb Chriſtopher, ſtalks and leaves a good quantity in the beginning of May, ſtamp them very ſmall, then take a good quantity of May Butter, and ſtamp them together in a veſſel, and ſtrain it out, and ſet it in the Sun, and put of theſe into your eyes, it muſt ſtand a month in the Sun.

*For a hurt in the Eye, that cometh by a ſtroke.*

Take Pimpernel, Cellendine and Plantane, and put thereto the white of an egg. and womans milk of a male child, and Oyle of Roſes, and put it in your eye going to bed; uſe this three or four times in a day.

Or

Or take Egrimony and bray it, and temper it with White Wine and an egg, and make a Plaister, and lay to the outside of the eye.

*For a Pearl at the beginning.*

Take a Race of good Ginger, pare it clean, and rub it on a Whetstone, and make powder of it, and put the same powder into some Gascoin Wine, then strain it through a fair cloth, and put it into a glasse or Viol, and after nine daies you may use it, when you go to bed, lying upright, and likewise in the morning: Do this six or seven times.

*For eyes that are full of Rheume, and bleared.*

Take the juice of Rue four spoonfuls, and two of honey, mix them together, and when you go to bed put some in your eye.

Or take two or three roots and leaves of red Fennel, a branch of Cellendine, and a good race of white Ginger pared and beaten; if one serve not, take two, put all these into half a pint of water,

water, cover it; and put of it in your eye when you go to bed, and an hour before you rise, strayning it when you use it.

*To preserve the sight long.*

Take a crop of Rue, and another of Camomile, and eat them fasting with a Figg two or three dayes in a week.

*To clear the sight.*

Take the white of an egg made as clear as water, and a spoonful of clarified Honey, and some fine Sugar; and mix them together, and keep it in a close vessel seven or eight weeks, then take Cotton and dip it in the liquor, and rub the eye-lids therewith within and without.

*For sore Eyes, and Megrim in the Head.*

Take the whites of new laid eggs, and beat them to Oyl, then take a spoonful of Rose water, as much fine Sugar, and as much strong Vineger made of Malmesey

ley or White Wine, put them to the Oyl and beat them together; then take Flax as much as will make a Plaister, dip it in the Medicine, and bind on each Temple one with a cloth, but take heed the Medicine do not touch the eyes. Do this three or four nights, and every morning the eyes will cleave together with Gum.

*For the Megrim in the eyes.*

Take new milk, and seeth it, and put it into a bason, and cover it with a platter, and with the dew that cometh wash your eyes and browes.

Or take three drams of the juice of Rue, and put in your eyes and ears, and stop your ears, and lye down on that side.

*For a Pearl and Web.*

Take Veinfrage, Ivie, Daisies, Sickwort, red Fennel, Seagreene, Pimpernel, May butter, bruise them in a Morar, and let them lye in the froth five dayes, then make an easie fire, and set over till it be melted, then straine it

through a fair cloth, and put it into a Vial, and put thereof into your eye the quantity of a wheat corn. It will destroy the Web, and when your eye cleaveth together, wash it with Rose water.

*Another.*

Take the leaves of Sage, Hyssop, Oculus Christi pulled downward, drink the juice of this with Monks pease otherwise called Wood-lice, stamped with the Herbs, and straine it in some Beer, and let the Patient drink it first and last three or four dayes together.

Or take the juice of Avens, Southernwood, and put this juice into Fennel water, and put it in your eye.

*For Eyes that be fair to look on, and naught to see with.*

Take Smallage, Fennel, Rue, Vervain, Betony, Pimpernel, Eyebright, Sage and Cellendine, of each alike, wash them clean and stamp them, then take the powder of fifteen Pepper cornes, and a pint of good White Wine, three spoonfuls

fuls of good Honey, and fifteen ſpoonfuls of the Urine of a man child that is young; then put all theſe together, and let it boil over the fire a little, then ſtrain it, and keep it in a veſſel or glaſſe, and put of it into your Eyes; and if it dry up in the glaſſe, put to it a little White Wine. This is good for all kind of ſore eyes, in fifteen daies it helpeth.

*For the Small Pocks in the Eyes.*

Take the ſtrained juice of Pimpernel, and drop into your Eye morning and evening. This is good alſo for the Pin and Web, or Pearle in the eye.

*For a Pin and Web.*

Take Ivy leaves that groweth upon Aſh trees, wipe them clean with a cloth, then ſtamp and ſtrain them with womans milk, of a Girle for a man, of a boy for a woman; the ſorer the eyes be, take the more juice, and the leſs milk. Drop this into your eye with a feather evening and morning, and twice in the afternoon.

*For sore Eyes that cometh of shot cause, as of a Rheume.*

Take Elder leaves, and chafe them between your hands, and lay them to the nape of the neck.

*For Bloodshotten Eyes.*

Take a toast of leavened Bread, Housleek and womans milk, a spoonful of Rosewater, the pap of an Apple roasted, the yolk of a new laid egg, and boil them, take the toast, and lay it in red Wine not mingled, and let it lye halfe an hour, till it be soaked, then put it into a fine cloth of two pieces for each eye one, and the cloth must be between the eye and the toast and dresse it thus when you go to bed.

*For Watering Eyes, and darkness of sight.*

Take May Butter and Honey, of each alike, and boil them together, and [illegible] in the white of an egge, and when it [illegible]

cold, put it into your eye, and it will cleer up your sight.

Or take the leaves of red Roses, and temper it with the whites of eggs, and lay it to your eye when you go to bed.

*For an excessive pain in the Eyes, when the Flux of Humors be sharp in them.*

Take milk hot as it cometh from the Cow, cover it with a Bason, then take the dew from the Bason with a festher, and put it in a glasse, and therewith dresse your Eyes.

*For sore Eyes that be in the morning, full of pain and water, so that they will not open without great washing.*

Take a new laid egg, and roast it hard, then take a little white Copperas, and a little roach Allome, and a little Sandifer, then strain the juice, and drop thereof into your eye evening and morning, and wet a linnen cloth, and lay over your eyes.

*For Eyes that have skins over them, or great pain in them.*

Take black Snailes, and make an Oyl, and put thereto White Sugar candied, and Lapis Calaminaris, being first burned five or six times, and thus prepared, put in your eyes evening and morning with a feather.

Or take Daisie roots, Betony, flowers of Pimpernel, red Fennel, stamp and strain them with stale Ale, and drink thereof evening and morning; and lay outwardly to your eyes Rose water, womans milk, and the white of an egg, wet Tow or Flax therein, and lay it to your eyes; the Drink will be the better, if you put in the juice of Clestocks, a worm so called.

*A Medicine that helped one that had a thrust in the Eye.*

Take the right ground Ivy and Celandine, and the green of a Goose turd, and womans milk, put them all together in a glasse, and when it is setled, put the cleareſt in your eyes.

An

*An Oyle for burning of the Eyes.*

Take the white of an egg well beaten together with the juice of Daisie roots and Houseleek, put them into an egg-shell, and roast it hard, and thereof will come an Oyl, wherewith annoint the place pained.

Dr. Cademans *Water for the Eyes.*

Lapis Tutiæ prepared half an ounce, white Vitriol half a scruple, red Rose water, Plantane water, of each one ounce, Egrimony water half an ounce, mingle them together, and let them boil gently, then clear it very well.

*An excellent good Eye Salve.*

Take a pound of May Butter, and set it in the Sun, to clarifie; and alwayes when it is melted powre the clear butter from the curds and whey that will be in the bottome; thus do from day to day, until no more will come out, then put as much of the Herb Christopher, small chopt, as will be steeped in it, then set it

again in the Sun in a glasse for the space of a month, in which time it will be rotten, then strain it through a fine linnen cloth, and so keep it in some Gally pot or Glasse that will not drink it up, and every evening as much as a small Wheat corne being put into the eye, will destroy any speck or Pin and Web, or any scale or thicknesse.

*For, and of the Eyes in general.*

In all causes of the eyes, observe the Nature of the person, his age, the time of the year, the sickness he hath had before, *&c.* It is alwayes good in all pains of the Eyes, that the Patient keep in a dark place, free from aire, lye high in bed, that the Rheume tarry not in the Eyes, but may fall down to the cheeks, seasonable sleep doth digest and congeal the matter; all vexatio is to be avoided as sorrow, anger, ill savors, *&c.* Also all vaporous meats. And this is a general rule, that so long as the pain lasteth, you shall lay upon the Eye the white of an egg, brayed with Oyl of Roses, for it stayeth the course of the humours

mours, and asswageth all pain: or the white of an egge braied with womans milk, if the eye be red.

## *Of the Uthalmia of the Eyes.*

This Disease is caused from the Flux of certain humours be they mixt or not, as from Choler, Phlegme, Blood or Melancholy, the signes whereof are these:

If it proceed of bloud, then are the Eyes and their veines puff'd up red, the Temples of the Head do beat, the uppermost Eye-lids do swell, the Eyes are moist, yet with little pain, but so moist, that in the sleep the Eyes do bake up.

If it proceed of Choler, then is there much pricking, burning with great pain and swelling, and not so red as the former, but moist and burning, that thereby sometimes the Apple of the eye is perished.

If it proceed of phlegme, then is there a compression and ponderosity in the Eyes with great pain, without heat or redness. and by reason of the great moistness, some soreness and swelling.

If of Melancholy, then is there also great ponderosity with a sallow colour,

with redneſſe or compreſſion: they do not bake together in their ſleep, for that the Catarrhe or Rheum is too dry.

*For the redneſſe of the Eyes.*

Take half an ounce of Tutia, make it glowing hot, and quench it fifteen times in Roſe water, then bruiſe it ſmall, and put into it a quarter of an ounce of Callamint ſtones, three cloves, and half a pint of Malmeſey, and mix them together.

This Collyria is for all redneſs of the Eyes.

*Of Watry and running Eyes.*

If the Cauſe be inward from any diſeaſe of the brain, and not through heat, you may perceive by this, *viz.* The Patient alwayes feels ſome heavy puffing up of the vains in the forehead and Temples of the head, and this reflux is for the moſt part augmented by neeſing, falling both into the Eyes, and ſharpneſſe in the throat.

But if this humour be through heat, it bites the eyelids, and makes the hair to fall

fall off; but if through cold, then contrary. In case it be through heat, the party must be purged with Pills of Cochia Aurea with Succo Rosarum, or with Pills of the five kinds of Mirabilans, and keep a good Diet.

If his grief come of a cold Cause its very convenient to eat a good deal of Fennel seed every morning, and chew Rew and Valerian in the mouth, and annoint the eyes with the spittle.

Also if it proceed from the brains, this is excellent, Take prepared Bloodstone, one quarter of an ounce, Roses, burnt Ivory, red and white Curral, Amber, yellow Mirabilans, of each one dram, the juice of the Spirits of Frombois four ounces, temper them together, and keep them close stopped, put thereof daily into your eyes, and annoint your Eyelids therewith. This dries the Rheume marvellously, and strengthneth the eyes from taking any moisture.

Also take the juice of Fennel and of Rue, of each one ounce, and of a childs Urine halfe an ounce, Alloes three drams, let it seeth a little, then strain it, and put a drop thereof into your eye. It cleanseth, drieth, and sharpneth the sight.

Also

Also roast three Apples, take away the skin and cores, then temper them with the yolks of three new laid eggs, and lay it warm to the eyes.

Also if deflux cause much pain, take unwashed sheeps wool, burn it to ashes in a close stopped pot, bruise it as small as may be, and mix it with the white of an egge, and lay it on your forehead and temples. This asswageth the Catarrhe very quickly, and abateth the pain.

*A Plaister for the Temples, or sore Eyes.*

Take Alloes, Mirrhe, Mirtle leaves, Acatia, of each one dram, Mastick and Frankinsence, of each half a dram beaten small together, and make it to a Plaister with the white of an egg.

Likewise he ought to purge with Pills of Cochia, which be sharpned with the Trocisies of Alhandaly.

Also with the Confection of Hiera, and such like. Oyle of linnen being made thus, is very good for sore Eyes; *viz.* set it a fire with a candle, and lay the linnen upon an even piece of iron, tin

or

or silver, and put it out quickly, and you shall find a drop of Oyle, the which take up with a feather. This healeth marvellously well the Imposthume of the eyes, taketh away the pain, and is good for a Fistula and Wounds in the Eyes.

## FACE.

*To take away the Scars, or Pockholes, or redness in the Face.*

TAke a good quantity of Lemmons, and slice them rinds and all, and distil them, laying them on fair sticks, that they touch not the bottom of the Still, and with the Water that cometh thereof, annoint the face, and it will soon take away the redness and scars of the face.

For

*For a sawcie Face.*

Take a pottle of White Wine and a quarter of a pound of Cinnamon cleane rubbed and winnowed, then seeth it in the White Wine, till it be half sodden away, and then put it into a pot, and drink it evening and morning till the Patient be cured. *Probatum.*

*An approved good Medicine to cool and repel the redness of the face that proceedeth of heat.*

Take a quantity of running water, and a quantity of Brimstone, and as much Allome beaten small together, put them with the water into a glasse fast stopped, and so let it stand, & every morning and evening take a little out into a sawcer, and with a linnen rag wash your face therewith, and so let it dry in with wiping.

*For Spots in the Face.*

For a mans or a womans face that seemeth as they were drunken, take Water-

cresses

cresses, and cut them small, and put them in a small earthen pot, and put fair Spring water thereto, and let them boil together, and drink of that water morning and evening.

*To make the Face fair.*

Take the flowers of Beanes and distil them, and wash the face with the water.

Some say, that the Urine of the party grieved, is very good to wash the face, and to keep it from blemishing.

If the face be washed with the water that Rice is sodden in, it taketh away the Pimples, and cleanseth the face.

*For heat in the face.*

Seeth white Copperas in running water, and let it stand till it be cold, and then put in a little Camphire, and every morning and evening take a little of that water in a sawcer, and with a little cloth dipt in it, wash and bathe your face therewith, and let it dry in of it self.

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*A Drink for the Heat or Redneſſe in the Face.*

Take four handfuls of Wild Tanſie, and boil it in two Gallons of ſmall wort, let it ſtand until it be almoſt cold, then put to it a little Barme, and let it work, and when it is ripe, put it in a cloſe veſſel, and ſo let it ſtand three or four dayes; then you muſt drink of it every day twice, ſo long as you uſe it.

*An excellent Water for the ſame.*

Take twelve Lemmons, and pare them to the very juice, four new laid egges, ſhells, whites and yolks beaten all together, ſix ſpoonfuls of pure Engliſh Honey: Temper all together, and diſtil them with a very ſoft fire, and receive the water thereof in a glaſſe for your uſe, putting thereto a little Mercury to make it keep, and continue.

*An*

*An excellent* Lac Virginis *to make the Face, Neck or any part of the Body fair and white.*

Take of Alumen Plumosi half an ounce, of Camphire one ounce, of Roach Allome one ounce and a dram, Sal gemmi half an ounce; white Frankinsence two ounces, Oyle of Tartar one ounce and a half; make all these into most fine powder and mix it with one quart of Rose-water, then set it in the Sun, and let it stand there nine dayes, often stirring it, then take Littarge of Silver half a pound beat it fine, and searse it, then boil it in one pint of White Wine Vinegar, until one third part be consumed, ever stirring it with a stick while it boileth, then distil it by a Filter, or let it run through a thick Jelly bag, then keep it by it self in a glass Vial, and when you will use these Waters, take a drop of the one, and a drop of the other in your hand, and it will be like milk which is called *Lac Virginis*, wash your face or any part of your body therewith. It is most precious for the same. *Probatum* Dr. *Walmesley*.

*For the Pimples in the Face.*

Take Wheat-flower mingled with honey and vinegar, lay it upon them, and it cleanseth them.

*To dry up any Pimples or heat in the Face.*

Take Virgin Wax one ounce and a half, May Butter three ounces, melt them; then put to them Cerus half an ounce, Bole Armoniack a scruple, a little Rose water to wash it; after these are melted together, annoint the Pimples with it twice a day.

## FELLON.

*To ripen a Fellon or Boil.*

Take Rue, Sage, and the fat of rusty Bacon, of each a like quantity, and stamp them all together, and lay it on a linnen cloth warm to the Grief.

*Another.*

*Another.*

Take an Onion roasted, put thereto Honey and Wheat flower, and so beat it all together, and lay it to the sore.

*To kill a Fellon.*

Take an egg and roast it hard, and take the yolk thereof, and take an Onion and roast it soft, and beat the yolk and the Onion together, and lay it to the sore, and it will kill the Fellon.

*A Soveraign Salve to heal the Fellon.*]

Take of the Soot of a house that is on the Beams, and break it to powder, and take the yolk of an egg, and bray them together, then lay it on a clean cloth, and lay it on the sore, and this will heal it.

*An excellent Poultice to take away the anguish of a Fellon, and to break it speedily.*

Take milk, and put therein crumbs of White Bread, and boil them together very tender to a Poultice, then take it from the fire, and put therein the yolk of an egg, and have ready some white Lilly roots, wrapped up in a brown paper, and roasted very tender, first bruise the roots into a pap, then mingle them well with the other things and so apply it warme to the griefe, and when it is broken use healing Salve.

*For a Fellon.*

Take Verjuice and crumbs of browne bread, and kernels of gray Soap, and seeth all together till it be somewhat thick, then spread it upon a cloth, and lay it to the Fellon, and it will both kill the Fellon, and heal it.

*For a Fellon in the Joint.*

Take Bay salt, and beat it, then take the yolk of an Egg, and beat them together, and lay it to the joint.

*Another for a Fellon.*

Take twelve Snailes in the Garden, and beat them shels and all until they come to be a Salve; then lay them to the sore, and it will both kill, draw and heal. Also bruise Raisons, and lay them to the sore.

*Another.*

Take the biggest and fowlest Spider you can finde, and a quantity of black Soap, and one clove of Garlick, and bray them all together, and lay it to the Fellon as neer as you can, where you think it will break, and so let it lye four and twenty hours, then take it off, and heal it with some other Salve.

Also take Sage, Rue, Bay salt, Snailes

Snailes and Bacon, and beat them together, and then lay it to the Fellon, and it will help.

Also make a Poultice of Bean flower, or of Wheat flower and honey, and apply it every morning and evening.

## FISTULA.

*Against a Fistula or hollow Ulcer.*

First mingle the milk of Wortwort, with fresh Hogs grease, and boil them together a little, and incorporate them, and put thereto powder of Mirrhe, and annoint a Tent therewith, and put it into the hole of the Ulcer.

*For a Fistula.*

Take the seeds of red Coleworts, the seed of Tansie and Cabbage, of each a like quantity, and of the great Madder, and make it into Pills and give thereof to the Patient thrice a day, and keep a Colewort leaf upon the Sore.

To

*To heal a Fistula or Ulcer.*

Take Figs and stamp them with Shoomakers Wax, and lay it to the sore on leather, and it will heal.

## FLESH.

*To kill dead flesh.*

Take a pint of Malmesey, and a pint of Aquavitæ, and flower, pound Parsley, and straine the juice into it, and drink it. And take Allome and Withy leaves, and boil them together in running water, and wash the wound therewith.

*To try whether there be dead flesh in a Wound or no.*

Take posset curd made of strong Ale, lay it to the wound, and if it look yellow, then there is dead flesh.

*A Water to abate proud flesh, and to clear a corrupted Wound.*

Take a quart of Ale or strong Beer, and a handful of Sage, and a piece of Allome, as much as a Walnut, and let it seeth till it come to a pint, and therewith wash the wound.

*To clear a Sore or Wound of dead flesh.*

Clarifie some Honey, and put it into the sore, and lay a Plaister over it, and in two or three dressings it will cleer the Sore, and take out the dead flesh.

*To take out dead Flesh.*

Take of Honey, of Oyl Olive, and of Wheat-flower, of each a spoonful, and the yolk of an egg, and mix them well together, and spread it on a cloth, and so lay it on the sore, and it will draw and cleanse it.

# FLUX.

*For the white Flux:*

Take the powder of the flowers of Pomegranats, and drink it in red Wine.

*For the red Flux.*

Take Sperma Cæti and drink it, and truss up your self with a piece of black Cotton.

*To stop the Flux.*

Make a Candle of Oatmeal, and put to it scraped chalk, brown Pepper finely beaten, then boil them together, and let the Patient drink thereof three or four times, and it will help.

*For the Bloody Flux.*

Take four or five eggs, and roast them hard until they be blue, then take a pint of Red Wine, and mix the yolks of the egges with it, then seeth it,

and after it is sodden, put an ounce of Cinnamon into it, and let the Patient drink thereof two or three times in a day, and it will help.

*Another.*

Take Camock roots, make them in fine powder, and drink them in posset Ale, or put it into a cake as you do Spice, and eat it.

*Another.*

Take Jinnen cloth, and make it like a Pill, and steep it in Aquavitæ, and convey it into the Fundament, and in three or four dressings it helpeth.

*For the Bloody Flux or Scouring.*

Take a great Apple, and cut out the core, and put therein pure Virgin Wax, then wet a paper, and lap it therein, then rake it up in the Embers, and let it roast till it be soft; then eat of it as your stomack will give leave.

## PHLEGME.

### *To loose Phlegme.*

Take an ounce of Ingibus Sirrup, one ounce of Sirrup of Violets, half an ounce of Sirrup of Roses, and half an ounce of Hisop.

### *A Drink to avoid Phlegme.*

Take an Onion and core it, and put therein a little Mithridatum, and bruised Pepper, and then roast it soft, then take a pint of White Wine, and seeth it with a little white Sugar, and then straine it with the Onion, and give it the Patient to drink.

### *A Powder to break Phlegme.*

Take of fine Ginger the weight of eight pence, of Elicampane roots, the weight of four groats, Annifeeds and Licoras, of each the weight of seven groats, and of Sugar candied four ounces; make all these into powder, and eat it dry morning and evening.

## FORGETFULNESSE.

*Against Forgetfulneſſe.*

Apply Rue and red Mints with Oyl of Roſes, and very ſtrong Vineger to the noſtrils, and it helpeth.

Alſo burn thine own hair and mingle it with Vineger, and a little pitch, and apply it to the noſtrils.

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## GOUT.

*For the Gout.*

TAke Snailes with ſhells on their backs, Barrel Soap, leaven, Bay ſalt and Honey, and pound them all together, and lay it to the grieved place.

*Sundr*

*Sundry Medicines for the Gout.*

Take the greaſe of a fat Cat, of a Gooſe, of a Gray, of a Fox, and the marrow of a Harts horn, Ivy, Sage, Rue, Virgins Wax, Frankinſence, the yolks of roaſted eggs and Snailes, put them all in an earthen pot with a hole in the bottom for that purpoſe, and cloſe it above with paſte that no aire iſſue out, and put under the ſame pot another whole pot, and cloſe them together, and put the neathermoſt in the ground, and compaſſe it about with fire, and there will diſtil a wonderful good Oyntment out of the uppermoſt pot, which will be good for the cold Gout.

*Another Oyntment of great force for the Gout.*

Take the juice of the wild Cowcumber roots, green Grapes and Pellitory, the leaves and Berries of Ivy, Juniper berries, Euforbium Caſtorium, the fat of a Graye, of a Gooſe, of a Heron, of a Fox, of a Beare, then take a fat Cat, and pull off her skin,

and take out her guts, and fill her with all the aforesaid things; and let it roast well upon a spit, and save the dripping, and resolve a little Wax therein, and use it.

Also a dog killed of thirty dayes old, and annoint the grief with the blood of the dog, it is very good.

Also take a fat Cat, and flea her, and pull the flesh from the bones, stamp it well, and put it into the belly of a fat Goose, and put salt grease thereunto with Pepper and Mustard seed, of Pellitory, Dragon, Wormwood, Garlick, and Bears Suet, of each two ounces, of Wax two ounces, roast it, and keep the dripping.

Also mingle the ashes of Colewort leaves burnt, with fresh Hogs grease, and annoint the Gout therewith, and it will ease it in three dayes.

*For the Gout.*

Take Tansie and Wormwood of each alike, Sheeps Suet according to your Herbs, fry them till they be green, and when you will use it, put a spoonful of Linseed therein; and if it be the hot Gout

Gout, lay it cold; if the cold Gout, lay it hot.

*Another.*

Take Tobacco leaves a good quantity, and put them into your own Urine, or milk, and set it on the fire till it be hot, then bathe the pained place throughly a good space, then lay some of the leaves thereon, and bind it up, and lye down.

*For the Gout and the Palsie.*

Take dead Horse bones, dryed in the fields, and wash them clean, and seeth them long, and take the fat of them, that seethes aloft, and swims on the top, and therewith annoint any Gout or Palsie, of what cause soever it come, and it will help.

*For the Gout.*

Take the juice of Broom flowers, and the juice also of Scala Cœli and Honey of each a like quantity, seethe them together, till it be of the thickness of Ho-

ney, and therewith annoint the place. One in *London* got much money by this Medicine.

*For the Gout and Palsie.*

Stamp Pellitory of Spain or Mastratia and seeth it in wine, and apply it, but if it be green then stamp it, and soak it eighteen dayes in Wine, and then boile it well, and put thereto Oyle and Wax, it is a special remedy.

## GUMMES.

*For Vlcers or any Infection of the Gums.*

Take Labdanum, Frankinsence, Mastick and Curral, of each a like quantity, and make them into powder, and lay them to the place infected, it confirmeth hardneth, and cleanseth the Gums and Jawes, and when the sore is well mundified, then it doth also incarnate and ingender flesh.

Also this is highly commended, Take Cipresse leaves or Mints halfe an ounce, a pint

a pint of well water, boiled to the one halfe, dip a cloth in it, and apply it to the griefe, and this defendeth the Gums from all bad Rheumes.

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## HEART.

### *For Faintnesse at the Heart.*

TAke the flowers of Centory, a good handful, clean picked from the green of Cene leaves clean picked from the stalks, a dram and half, and of pure Cinnamon well bruised a quarter of an ounce, of White Wine a pint, and some Sugar as you list; put all these in a pot close covered, and set it in another pot of hot liquor for the space of an houre, then let it stand all night, and in the morning strain it into a faire pot, and put good

ſtore of Sugar to it, and let it ſimper til it come to a Sirrup, of this you may take two or three ſpoonfuls at a time in the morning faſting.

*A very Soveraigne Medicine for one that hath taken cold at the Heart.*

Take the Oyl of bitter Almonds and Wax, Capons greaſe and Roſe-water, boil all together; then take black wool, newly plucked off the Sheeps neck, and wet it in the liquor, and put it in a quilted bag, and lay tt very hot to the ſtomack when you go to bed.

## HEAD.

*A Medicine for the Head ache.*

Take Elder leaves, and a good quantity of Bay ſalt, and ſtamp them together, and lay it to the nape of the neck, and by Gods help it ſhall take away the pain.

*For pain in the Head.*

Take Camomile, Rosemary and Betony, of each a like quantity, and as much leaven as Herbs, beat them together, then take a Nutmeg beaten very small, and so much Wine Vineger, as will incorporate into a paste, which you must apply warm unto the hinder part of the head, and to your forehead, changing it evening and morning.

*For Head Ache.*

Take a piece of leaven, the bigness of an egge, and put to it two spoonfuls of White Wine Vinegar, and two spoonfuls of red Rose-water, and a few red Rose leaves, mix them together, and warm them; then take them, and spread them on two brown papers, then grate Nutmeg upon it, and lay it upon a fire slice on the coals till it be very hot, then take it, and lay it to the parties temples at night when he goeth to bed.

*For the Head Ache sundry Medicines.*

The juice of Ground Ivy cast into the nostrils purgeth the head and taketh away the pain.

If the Rheume come of a cold cause, lay hot Callamint or running time bruised to the head.

Hisop boiled on embers, and laid to the head, stoppeth the Rheume.

The juice of Coleworts cast into the nostrils cleanseth and purgeth the head.

The juice of onions cast into the nostrils, also doth the like.

This Plaister was proved for dizziness in the head, and is good for any ache in the head: Take of Opium and of Saffron, of each one dram, of Roses four drams, and thereof with Vinegar make a Plaister.

He that useth to take three Pills of Alloes, and the juice of Coleworts the bigness of a bean, shall never have the Head ache.

*For the Head Ache.*

Take an Herb called Alehoofe and fill a frying

a frying pan therewith, heat it hot, as you are able to endure it, and lay it to the aking place, and it will remove the pain; then take more, and lay it to the place that aketh, and at laſt it wil drive it clean away.

*Another.*

Take the whites of two new laid eggs, a little Aquavitæ, and the juice of Houſeleeks, beat all together, and therein wet ſome fine tow, and then lay it upon the temples.

*Of giddineſſe in the Head.*

This Diſeaſe is cauſed by much frequenting the Sun, and the head being over heated, as alſo from the ſtomack, if it be overcharged with any ſuperfluity whereby the mouth of the ſtomack is hurt, and ſo ſendeth bad vapours to the head; but if it proceed from blood, which may be knowne by the redneſs of the eyes, the fulneſſe of the veines, then the party muſt have the veine opened behind the ear, and bleed four ounces, and purge with

ſeven

seven drams of Reb steeped in Whey all night.

*Of the pain in the Head.*

For the most part this pain of the Head proceedeth of the intemperature of the four humours; namely, of Blood, Phlegme, Choler and Melancholy.

If it proceed from Choler, the sign is evident, *viz.* belching or breaking of wind upward with loathsomnesse and thirst, drynesse of the mouth, tongue, and nostrils, the pain is pricking, sharp, and rather in the right, then in the left side of the head, heat over all the body, but especially in the nostrels, no appetite, no sleep, the Pulses quick and lusty, the Urine reddish, the face yellow; the surest notes are, if the time of the year be hot and dry, the Patient young and hath used hot and dry things, to use cooling Medicines, and a good cooling dyet.

*Of heat in the Head through Melancholy.*

It is described thus, It is not so great as

as the former, but with a dryneſſe and ſadneſſe the heat is more evident in the left ſide of the face, then in the right, it cauſeth diſquietneſs and unnatural ſleep, it cauſeth fearful faintheartedneſs, and carefulneſs, the colour of the face is red and blue, with a ſoure taſte in the mouth, if the Patient be old, and if it be about Autumne, then the ſignes are more ſure. Glifters are good in this caſe.

*Of the paine in the Head cauſed by cold.*

The ſignes are weariſomneſs of all parts, as if the body were beaten and broken to pieces, the paine is not extreme without any ſwelling or thirſt, ſleepineſſe, much ſpitting at the mouth and moiſture at the noſe, paleneſſe of colour, and ſomewhat ſullen, the eyes run, and the mouth out of taſte. In ſuch caſes uſe warm and dry Medicines, and purging, is very needful in this Infirmity.

Alſo this Wine following is excellent for this purpoſe. Take Roſemary two handfuls, Nutmegs one ounce, dryed Betony two ounces, Cloves two drams, being

being cut very small, put thereto eight quarts of good Rhenish Wine, let it stand three dayes; then for a weak stomack, drink a good draught at the beginning of meals, but for the Head ache at the latter end.

This Wine is very good for a cold and moist braine, and hurtful for young folks and hot complections.

The Dyet must be strong Wine, but very little, left it disturb the Head, once in eight dayes, wash the head with the decoction of Camomile, Marjerome and Steches, and before meales, rub the head with warme cloaths, and after meales take a little Marmalade to hinder the vapour in ascending to the head. But because the Laxative Medicines, through their own power, do not expel all humours for which they be given, without such things as convey their operation towards some certain members which one desireth to purge, therefore take this Oximil following; and if you put thereto Nutmegs, Piony seeds or Cubebs, then doth it only purge the head, and no other part of the body; and if you put thereto Tamariscus and Caper roots, then it purgeth the Melt, and so

for

for all the reſt, but becauſe we ſpeak now only of the head, theſe are the Simples, or Herbs that do conduct the Medicines thereto; *viz.* Nutmegs, Cubebs and Piony, Penniroyal, Marjerom, Balſome wood and Seeds, Frankinſence, Beaver Codd, Labdanum, Mellilot, Squils, Spicknard, Hiſop and Pepper.

Oximel, that is called at the Apothecaries Compoſitum, or Diaretieum, Take Fennel roots, and roots of Smallage, of each two ounces, the ſeeds of Parſley, of Butchers broom, Sparage, Smallage and Fennel, of each one ounce, take out the pith or core of the roots, chop them and ſeeth them in a quart of water till they be mellow, then ſtrain them through a cloth, and add the Decoction of three ounces of ſharp Vinegar, twelve ounces of Honey, let them ſeeth to a Sirrup; it doth attenuate all tough ſlimes, it driveth them out of the members, opens the obſtructions of the Liver, Melt, and the Kidnies, and expelleth them.

*A very good Medicine for Paine or Wind in the Head, which much hindreth the Hearing.*

Take one Clove of Garlick, pill it and make three or four holes in it, then dip it in fine Englisſh Honey, and put it in your ear, (and lye on the other ſide, and put in black wool after it, and continue this eight dayes, and it will expel the pain, expulſe the Humour at the noſe, and reſtore the Hearing.

*For a White Scurf, or Scabbed Head.*

Take White wort, Cellendine, Ground Ivy, Mercury, Wormwood, and an Herb called Dead mens Bells, growing in Woods like Leek blades, of each of theſe alike, and ſtamp them, and mingle them with freſh greaſe.

And burne green Aſh to aſhes, and mix it with freſh greaſe, and annoint the place therewith.

*To heal a Scald Head.*

Take Lye that is made with the bark of

of an Ashen tree, and wash the head therewith, and annoint it with Quicksilver, killed in Barrowes grease, and fasting spittle.

*Another.*

Take yolks of eggs, and put thereunto as much Turpentine, then fry them in Swines grease, and stir them well together in the frying to a Salve, and so lay it to the sore head.

*Another.*

Take the roots of the small reeds that grow in ditches, burn them to ashes, and apply the ashes wet in Vinegar to the sore Head. This healeth the sore, and maketh hair to grow.

The bark of an Ashen tree being well boiled in water, with the Lye thereof, sometimes wash the Head to cleanse it, whiles the other Medicines be applyed to the same.

*Another.*

Take black Snailes, and stamp them

ery

very well, and in ſtamping them, there will be an Oyle come from them, and with the ſame Oyle, annoint the ſore head.

*For a ſore Head.*

Firſt waſh the head with piſſe, and then annoint it with the dripping of a wild Duck, being roaſted guts and all.

## HOARSNESSE.

*Againſt Hoarſneſſe.*

Put Sugar and the powder of Hiſop in figs, and roaſt them on the coals, and eat them, and it will open the pipes.

## JAUNDIES.

*A good Medicine for the Black Jaundies.*

TAke the Berries of Ivy, that groweth upon a tree, and of the whole leaves of Ground Ivy and Mugwort, and put them in a woollen cloth, and then put it into an Oven when the Bread is drawne out; and when it is dry, make powder thereof, and take Saffron and powder of Gallingale, and use all these in pottage, and eat thereof.

*Another for the Black Jaundies.*

Take the gall of a Raven grated into powder, take some of it in a spoonful of Ale or Beer, temper it together, and drink it in the morning fasting.

A

*A Medicine for the yellow Jaundies.*

Take a little Athanatia, and eat it in the morning fasting, three mornings will be enough. It is much like Mithridatum.

*Another.*

Take a handful of red Nettle crops, and seeth them in a pint of Ale, and drink the same three or four daies together in the morning fasting.

## IMPOSTHUMES.

*For an Impostbume.*

Take powder of Cene Alexandria one ounce, Ginger, Cinnamon, Mace, Coliander seeds, Anniseeds and Licoras, of each the weight of eight pence, of Sugar two ounces, of Spurge seeds blanched twelve, beat them all smal to powder, and put them into a quart of Claret, and let it be brewed out of one pot

pot into another, oftentimes in a day by the space of three daxyes before you use it, then let it run through a Jelly bag, then take half a pint of the said Drink, and when you shall have need to use it, warm it at the fire, and drink it after your first sleep, and so ly still till it work, and offer to come; and then go to a close stool til it be clean come away, and then make a Plaister of red Mints, red Fennel, Wormwood and Sage, of each a handful, and a good handful of Cummin seed, and beat them small together, put thereto a good sawcer full of Wine Vineger, and set them all on the fire in a pan, and so stir them till they are almost dry, and then put them into a bag, and lay the same to your stomack, so that your stomack be not full of meat.

## JULIP.

*A most excellent Julip to refresh and cool any body distempered with heat or drougth in Agues or hot Diseases.*

Take of Barley water a quart, and put it into a fair bottle of glasse, and let drop

drop into the same some Oyl of Vitriol, or for want of that, Oyl of Sulphur, and then shake it well all together to disperse the Oyl, and when you have perfectly tempered it, then take two very good Pomgranats, and cut them in two, and squeece all the juice of them into it through some Colender or Strainer to keep out the kernels or husks; or for want of Pomgranats, as much Sirrup of Violets, or Sirrup of Lemmons, as the juice of two Pomgranats may be; then take six penny worth of white Sugar candied, and beat it very small, and put it also in the Barley water, and let it dissolve therein, and drink thereof as need requires. It is the best Julip that ever was made by the Art of man.

## ITCH.

*To take away, or kill the hot Itch.*

Take Brimstone, and as much Allom, with a spooneful of white lead, beat them small into powder, then take a quantity of Cream, and put the powder therein, and beat them well together, and

and therewith annoint the place that itches.

*For an Itch.*

Take a pint of Borus, two penny worth of Quickſilver, and four penny worth of Frankinſence, put theſe together, and ſtir them with your finger, and ſo annoint the hands and feet.

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## KIDNEYES.

*Of the Kidneyes.*

THe Kidneyes are faſtned very ſtrongly to the Back bone, and that on the left ſide is right under the Melt, and that on the right ſide a little higher, ſo that ſometimes it doth touch a great part of the liver, and they have ſundry veins from the liver, whereby they draw blood with water, and alſo ſome part of the gall unto them, ſeparating the ſame

blood from the water, and keeping ſo much of the blood as ſufficeth for ſuſtenance, and vents through the Conduits, whereof each Kidney hath one by it ſelfe, deſcending into the Bladder.

The Diſeaſes of the Kidneyes are divers, as Impoſthumes, Ulcers, &c. which appears by piſſing of Blood, or like blood, as if fleſh were waſhed in it, which Diſeaſes ariſe either of heat, cold or gravel, *&c.*

The ſignes of cold Diſeaſes are theſe, There is no great pain, nor heat, nor thirſt, neither is the water high coloured, but much in quantity, becauſe it is not waſted through unnatural heat, which Agues, Winter and the Gravel augmenteth; for theſe Diſeaſes a good Diet muſt be kept, all groſſe and ſlimie meats being avoided, and likewiſe all cold Herbs; exerciſe preſently after meat is very hurtful.

Pain of the Kidneyes through Wind, which ſpreadeth it ſelf abroad, and the pain is more after one hath eaten then before, and is augmented through windy things, when the meat is half digeſted, therefore all windy things

are

are to be avoided, and annoint the back with Oyl of Rue and Oyl of Lillies; likewise Conserve of Betony, and the confected roots of Pimpernel, Eringo roots and Callamint is very good.

Pain in the Kidnyes through heat, is, when the Patient hath great thirst and a bad stomack, maketh very little Urine, and high coloured, and sometimes there is fat swimming upon it, and the rather in young, cholerick, hot men, this is most dangerous, for through the heat which is mixed with a tough thick phlegmatick matter, the stone of the Kidney may grow; therefore the Liver Veine must be opened, and Glisters administred whereby the guts may be cleansed, use cool Herbs, and purge with Manna and Succo Rosarum. Also use Saxifrage, Parslye, Cantharides, roots of Fennel, Butchers broom, &c. which are of a secret quality to convey the Medicine to the Kidnyes. Also Sirrups of Water Lillies and of Vinegar, and all things that cool the Liver and Spleen.

## KNEES.

*For pain in the Knees.*

Take a Sheeps head newly killed, and slit it, and put into it a good handful of Plantane, as much Camomile, and so much Sage, and so much Rosemary, boil all well together until it be very tender, then take out the bones very clean, and chop all the flesh and herbs well together; then put in a handful of Oatmeal grets, and so boil it again until the Oatmeal be very tender, and so lay it to the Knees as hot as you may suffer it, and so use it as you see cause.

*For ache in the Knees.*

Take Rue and Lovage, of each alike, stamp them, and mix them with Honey, and fry them together, and lay a Plaister thereof warm to the sore.

*For swelling in the Knees and Legs.*

Take Lilly roots and red Cole, of each

each alike, ſeeth them in clean running water, and ſtrain the Herbs, then take the milk of a Cow and Wheat meal, and temper it with the aforeſaid Herbs, and ſet it over the fire, and ſtir it well till it be thick, and then lay it on with a cloth.

*For Aches and Swelling in the Knees.*

Take a quart of Malmſey, of Time one handful, and boil it together, and when it is half boiled, put in a piece of ſweet butter, and let it boil together from a quart to a pint, and when you go to bed bathe your knees therewith, and let a cloth be wet therein four or five times double, very warm, and lay it ſo warme to your knees ſix or ſeven times.

## LAMENESSE.

*For such as be stiff in their Limbs, or Lame.*

TAke five black Sheeps heads, a lapful of Artemart, as much Mallows as much Balm, two good handfuls of Herb grace, four handfuls of Fetherfew, as much Lavender Spike, two handfuls of Wormwood, two handfuls of Savage, one handful of Smallage, and two handfuls of Rosemary; all these will be as much as will fill a good sheet, put them all into a Lead, into running water a great deal, and pull off the stalks of the Herbs, and let them seeth a whole day; you must not skin the sheeps heads, but cleave them in sunder, and let the wool be on still, cutting off the hornes, and seeth the Heads until the bones fall asunder, then take out the bones, and skim off the fat, and keep it to annoint the Patient withal, and the Patient must sit in the water up to the brests, and

and wash and bathe himself therein, and when he hath so done by the space of an hour, or as long as he can endure it, then lay him in a hot sheet into his bed, and there let him sweat; and so keep him close from the aire two or three dayes.

*A Soveraigne Medicine for Lamenesse in the Joints, to supple any sore, and to bring it into Joint, which hath been long out; and for aches.*

Take four or five young Swallowes out of the Nest being Flege, and put them into a stone Mortar, and stamp them feathers and all, then take Lavender Cotton, Wild Strawberry leaves, Camomile and Setwal, of each a handful, stamp them all together very smal, then take a pint or more of May Butter, and half a pint of Neats foot Oyle, stirre them all together, and then put them into a Pipkin or little earthen pot with a cover; and close it well with Paste that no air issue out, then put that earthen pot into a brasse pot with water in it, and boil them two hours, then take them out, and set them as deep as you can in a muckhil two dayes, then

take them up, and boil them two hours again, then take them out, and let them cool, and straine them through a linnen cloth, and when they be setled, powre out the watrish bloud from them, and keep them pure and clean, and lay them warm to the place grieved.

## LEPROSIE.

*For curing the Leprosie.*

Take half a pint of English Honey, and a good handful of Herb-grace, beat it very smal, and put it into the Honey, and boil them very well together till the one half be consumed, then straine it through a clean cloth, and with a feather annoint the sores therewith.

*A Drink belonging to the same Medicine.*

Take an ounce of Elicampane roots, one ounce of Fennel roots, when they be picked and pithed, one ounce of Burrage roots picked and pithed, one ounce of Niprial picked and pithed, then take

take a pottle of ſtream water, and boile all theſe roots till one half be conſumed, then put in ſo much Engliſh Honey as will ſweeten it to your taſte, then ſtraine it, and put it in a glaſſe bottle, then take a penny worth of Quickſilver, and kill it well with faſting ſpittle, and then put it into the Drink when it is through cold, and let the Patient drink thereof five ſpoonfuls in the morning faſting, and ſo much when he goeth to bed, and by Gods help it will cleanſe him.

## LASK.

### *For a Lask.*

Take a good quantity of Wheat flower, and put it in a bag, ſeeth it very well, then take the ſame, and put it out of the bag, and ſo much as is ſoft, ſcrape away with a knife, the reſt will be very hard, ſcrape it, and make pap with milk, and give it to the Patient twice or thrice a day, and it will help. *Probatum.*

*To stay a Lask or Bloody Flux.*

Take a few old Beanes, and parch them over the fire in a pan, and then beat them into a powder, then make an Ale berry of Sack or Ale, and put some of the powder therein, and seeth them well together, then let the Patient drink thereof warm, and with twice drinking, it will help.

*Another.*

Take milk somewhat hot, and put it in a dish, then take Red Wine, and put it in another dish, and let the Patient suck it out of both dishes with two quils or reeds both together, and in so doing it turneth into a curd, and stoppeth the Flux.

*To stay a Scouring.*

Take a handful of Rice, wash it in red Rose water, and dry it well, and beat it to powder, and make pap of it, and boil it with Cinnamon, and eat it.

*Another.*

*Another.*

Take Virgin Wax, and make it into Pills, and give it in the pap of an Apple, three at one time.

*For a Lask or Flux.*

Take the neather Jaw of a great Pike, and beat it into fine powder, and drink it in Beer or Ale, or in your pottage, and it will help.

*To procure Looseness.*

Seeth Mallowes and red Nettles in fair water, and let the Patient sit over the hot fume thereof.

## LIVER.

*For cooling of the Liver.*

Take French Barley, and boil it in a quart of fair water, when it is boiled, take it forth of that water, and put it in three pints of fresh water, then take of Violet leaves, Strawberry leaves, of each a handful, Succory, Bugloss, Borage, of each

each half a handful, one good stick of Licoras, half a handful of Raisons of the Sun stoned, one spoonful of Anniseeds, let all these boil from three pints to a quart, then take the Liquor and strain it, and put a handful of Almonds into it, and when you drink of it, take a spoonful of Rosewater and drink with it, and take it two hours before you eat in the morning at the least, and likewise two houres before Supper.

*For the heat of the Liver.*

Infuse and steep Bread reasonably leavened in water, and a little Vineger, and eat thereof fasting an hour or two before other meats, and use Sallets of Succory roots sodden till they be tender.

*Doctor* Hills *counsel for cooling the Liver.*

Take Barly one handful, of Sorrel, Succory and Endive, of each one handful, a stick of Licoros bruised, Raisons of the Sun one handful, Anniseeds half a handful, seeth all these in a quart of faire

faire water till halfe be wasted away, then strain it, and drink of it in the morning three times in a week at least.

### *A Drink to cleanse the Liver.*

Take a quart of Rhenish Wine, and put thereto one ounce and half of Cene, seeth it from a quart to a pint; then strain it, and put thereto three branches of white Mint, three penny worth of white Rose water, two Nutmegs sliced with a knife, six penny worth of white Sugar candied, and four penny worth of Angel Gold, and seeth it a little, and let the Patient take it morning and eveniug.

### *A good Medicine for the Liver.*

Take Ivory, and burn it in a clean earthen vessel, and when it is burnt, take sweet Barly Wort, and put therein of the Ivory as you please, or put it into Ale, and drink it nine dayes together. Also drink the juice of Liverwort.

*A Drink to mitigate all heat of the Liver and Spleen.*

Take of Liverwort, Maidenhair, Endive, the flowers of Winter Gilliflowers picked clean from the ſtalks, great Comfrey, Tarragon, of each four ounces, of Spinage Water a pottle, of Licoras cleane ſcraped and thin ſliced two ounces, of Ginger clean ſcraped and thin ſliced, one ounce, boil all theſe together, ſtirring it now and then, and then put in fine Sugar candied one ounce and half, finely beaten to powder, then let it boil half away, alwayes ſtirring it, and put it in ſome cloſe glaſſe, and reſerve it to your uſe: of this you muſt take a good draught every morning, and faſt an hour after it.

*A Broth to cool the heat of the Liver.*

Take Violets, Time, Parſley, Watercreſſes, red Nettle Crops, and Clivers and red Fennel, of each alike, but ſomewhat leſſe of the Water creſſes, red Nettle crops and Fennel then the reſt; ſhred all the Herbs,

Herbs, and make broth with Chicken, Capon or Mutton.

*For the heat of the Liver.*

Take three pints of Whey, Egrimony, Borage and Bugloſs, of each one handful, boil all together half an hour, then ſtrain it through a fine linnen cloth; drink a good draught of this in the morning faſting, and at three of the clock: but before you drink thereof, take Smallage, and ſtamp it and ſtrain it, and take two ſpoonfuls of the juice thereof, and put it into your drink before you drink it.

*Againſt the ſtopping of the Liver, Lungs and Spleen, and to comfort the Stomack.*

Take two or three roots of Succory and Parſley, Sage of *Jeruſalem*, Folefoot, Violet leaves, Scabious, Egrimony and Scurvigraſſe, of each half a handful, Conſerve of Red Roſes one ounce, of Saffron one penny worth, and a Date or two ſliced and the pill taken away, put all theſe into a Pullets belly ready dreſt, and

and sow up the open places, but put not in the roots, boil it in sufficient water till the flesh be sodden from the bones, and when it is half sodden, put in the roots steeped before in Wine Vinegar, put in also three or four large Mace blades, of Raisons of the Sun one handful stoned, and a few Currans; and when it is sodden as aforesaid strain it, and drink every morning a good draught thereof fasting.

*For all Griefs of the Liver.*

Take the leaves, flowers and roots of Betony in Drink, Conserve, Electuary, Sirrup, or Potion, or Powder, is singular good for all Diseases of the stomack, Liver, Melt, Kidnies, Bladder, the Obstruction of the Matrix, the consumption of the Lungs, Coughs, Dropsies, continual Feavers, boile the leaves and flowers in Honey water, to have present Remedy.

Also seeth the Herbs and Flowers of Camomile in Wine, and drink it to help stopping of the Liver and Melt, to purge Choler, to expel Terms, to help the torments of the small guts, for Griefes

of

of the Kidnyes or Bladder, for difficulty of Breathing, Sighing, Wheezing, to warm a cold stomack, and to drive away any inward grief.

*For the Liver, and to comfort the Stomack.*

Take a branch or two of Ciprus, otherwise called French Wormwood, and a little Barme, and boile them in Ale and Drink it fasting.

## LIPS.

*For chopt Lips.*

Take new Wax, Mastick and white Frankinsence with Oyle of Roses, all made into an Oyntment, and annoint the lips, and it will cure them presently.

## LUNGS.

*A Preservation for the Lungs*

Take a pint of Wormwood Water, and Liverwort almoſt a handful, and of Longwort a handful, Sugar one ounce; boile them all together till one part of four be ſodden away, and let the patient drink thereof three ſpoonefulls in the morning faſting, and laſt at night, alwaies warmed. *Probatum.*

## LEGGS.

*For a ſore Legge, or old vlcer.*

Take Littarge of gold two pound, of Galbanum one ounce, Verdigreaſe foure ounces, Bdelium one ounce, Maſtick one ounce and half, Opoponax and Ariſtologia of each one ounce, old Oyl Olive one pound and half. You muſt drie the gummes that they may be powdred, and frie them with your Oyle, then ſtraine it and put thereto your Littarge, Verdigreaſe

greaſe and Ariſtologia, one after another alwayes ſtirring it, leſt the Littarge ſink to the bottome, and ſo let it ſimber over the fire eaſily, then put to it three peniworth of turpentine, and of wax three ounces, and ſo make it up for your uſe in a Plaiſter.

It hath cured the Lord *Wharton* and divers others with two or three dreſſings when no Chirurgian could find a Cure for them.

*For a ſore Leg.*

Take ſtone lime, and ſlake it, and put it in running water, and put thereto of Quickſilver, white lead, and Bores greaſe of each one penny worth, mingle all together, and ſo annoint it.

*To kill the Itch of the ſame, and to skin it.*

Take a gallon of good Ale, and boil it to a pint, and then a linnen cloth, and wet it therein, and waſh the ſore withal.

*Another.*

Take of Ale, Allom, of each one half penny worth, and boil it together, and melt a quantity of fresh Butter therein, and annoint it therewith.

*A Plaister for festered Legs, being long sore.*

Take March, and Wild Tansie, Plantane Morrel, Honey, and the white of an egg, and the milk of a Cow of one colour, and Barley flower, bray the Herbs in a Morter, and mingle all together, and lay it on the sore.

*A Plaister for sore Eyes, broken or not.*

Take a pint of Sallet Oyl, one pound of unwrought Wax, half a pound of white Lead, boile all these together in a brasse pan with a soft fire till it be as thick as pitch, stirring it with a stick, then dip in it a piece of Lockrum, and make thereof a Plaister.

## MEGRIM.

### *For the Megrim.*

TAke a handful of Wormwood, and a handful of Betony, and a handful of Archangel, seeth them all together in a quart of good Ale, and a pint of White Wine Vinegar, the space of half an hour, and lay it to your forehead as hot as you may suffer it, and the longer you keep it thereto it is the better.

### *Another.*

Take halfe a handful of the leaves of Rosemary, and seeth them in Vinegar till they be soure, then lay them upon a linnen cloth, and cast thereon a little Rosewater, and lay it to your

your forehead; as hot as you may suffer it.

*A Plaister for the Megrim.*

Take the Oyl of an egge, and some Cummin seed, and Frankinsence and wheaten flower, and two Nutmegs beaten all small and mingled with the Oyl of the egg, and make a Plaister thereof as big as a groat, and lay it to the temples of the head.

## MOTHER.

*For the Mother and green Sickness.*

Take great Garden wormes, and slit them, and wash them clean, and then lay them in White Wine half an hour, then take them out, and lay them in an Oven to dry, and when they are throughly dryed, beat them into fine powder, and drink it in White Wine in the morning fasting, and fast two hours after it.

## MOUTH.

### *For a ſore Mouth.*

Take the waters of the tops and leaves of red Brambles, Roſemary, Sage and Woodbind leaves, all ſeverally diſtilled, of each a like quantity, and put them all together into a great glaſs, then put as much Allom ſmall beaten into the ſame as will make it ſharp, and ſo keep it to uſe as occaſion ſerveth either for a Canker in the mouth, rankneſſe of the Gums, or any other foreneſſe.

### *Another.*

Take Treakle, Engliſh Honey and burnt Allome, of each alke, then take tops of Roſemary, red Sage, Honey ſuckle leaves, Bramble leaves and Fennel of each a handful, ſtamp and ſtrain the Herbs, and take the juice and boil with the other things til it be ſomewhat thick, then rub your mouth therewith.

For

*For a sore Mouth or Throat.*

Take Rue and red Sage, of each one handful, Groundsel and Sorrel, of each a little, cut them small, and then stamp them, then take as much Allome as a Walnut, and as much Copperas as a small Nut, and burn them to powder in a frying pan, then take a like quantity of each of them unburnt, and beat them small, then take a pint of running water, and put them all in it, and boil it halfe away, then take it from the fire, and strain it, then put to it three spoonful of English Honey, and so keep it in a glasse, and warm a little of it every time you use it, dipping a cloth in it upon a little stick; and so wash the mouth twice a day, or more as you see occasion.

## NOSE.

*For ſtinking Noſtrils.*

TAke the juice of lake Mints, and the juice of Rue, each a like quantity, and put it into the Noſtrels when you go to bed, and it will help.

## NAVEL.

*For the Navel coming out.*

Take beaten Maſtick, and mix it with the white of an egg to a paſte, and ſpread ſome of it upon a cloth, then thruſt downe the Navel, and apply it thereto, and when it is dry, renew it again.

## NIPPLE.

*For a chopt Nipple.*

Take a white Lilly leaf out of his Oyl, and apply it, its very good.

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## OYLES.

*To make Oyle of Maliowes for Impofthumes, and Ripenings, and to mitigate Aches.*

TAke of Garden Mallowes two handfuls, ſtamp them ſmall, and put to them a quart of Oyle Olive, and let it ſtand nine dayes, then boil them till it wax green, then ſtrain it, and keep it in a box for your uſe.

This keepeth open, draweth and aſſwageth the paines of Impoſthumes, and mollifieth, it being laid hot with moiſt wool,

wool, then take a fine linnen cloth, and dip it in the Oyntment, and lay it warme to the sore, and bind it fast.

Also Mallowes made in a Plaister ripeneth greatly, and mitigath the pain of Impostthumes, and especially in ripening of womens breasts.

*To make Oyle of Poplar buds.*

Take of Poplar buds half a pound clean picked, and stamp them small, and weigh them, and look what they weigh put the like weight of pure Hogs grease, and half the weight more, then stamp them together in a stone Mortar to one substance, and then put it in an earthen pot, and cover it close that no air come to it, and let it stand so six dayes till it be hoary, then take it forth, and put it in a clean pan, and let it boil on a soft fire, alwayes stirring it till the Herbs be parcht, then strain it, and keep it for your use. It will allay all the heat about a mans body, and procure sleep.

In like manner make Oyl of Marsh Mallowes.

*To make Saint Johns Oyle.*

Take the flowers of Saint Johns wort, and pick away the green husks very clean, and take a quart or the pureſt Sallet Oyl, and put it in an earthen pipkin, and put in it as many of the flowers as will make it thick, then ſet it on hot embers and there let it boil very ſoftly, and when you think the ſtrength is boiled out, ſtrain out the flowers very hard, and if they be boiled enough they wil be as harſh as herbs fried in a frying pan with butter, and when you have ſtrained out all very clean, put in as many freſh flowers as you did before, and let them boil in the like manner, and ſo ſhift it till your Oyl look as red as a Ruby, then ſtrain out all the flowers, and put it in a glaſſe, and keep it cloſe ſtopped,

This Oyl is very good for any greene Wound or any bruiſe in any part of a mans body; you muſt take heed you do not over boil it, and it is good for any ache.

*A very good Oyle or Balsom for any green Wound.*

Take a quart of White Wine, four pound of Oyle Olive, two pound of Turpentine, the leavs and flowers, or seeds of Saint Johns wort two great handfuls, and bruise them, and put them with the other things into a great double glasse, and set it in the Sun eight or ten dayes, then boil the same glasse in a kettle of water with some straw in the bottom, which done, strain the liquor from the Herbs, then put into the liquor the like quantity of Herbs, flowers and seeds, as you did before, but no more Wine nor Oyl, use it as you did before, and then you have a great Secret.

*To make Oyl of Hypericon.*

Take of the best Oyle Olive three pound, of the best Turpentine three pound, white Frankinsence half a pound, Wheat sweet and clean picked, Hiperico and Saint Johns wort, of each halfe a pound, Valerian four ounces, Carduus Benedictus four ounces, of White Wine

or Sack a quart, take the Herbs and cut them small, then put them into a tinned pot that hath as narrow a mouth as may be, then powre in the Wine, and let them stand in steep six hours, then powre in your Oyl, and stop up your pot very close that no aire can get forth, set the same on a soft fire of coales without smoak or flame, let it boil very softly, stirring it now and then with a wooden slice, and having stirred it, stop it up again, and so let it boil till the Wine be consumed, which you shall know in this manner, by dropping the Oyl into the hot coales, the which Wine being not consumed, will hisse in dropping on the coals, and being consumed it will not hisse but burn very clear. And so the Wine being consumed, take it from the fire, and straine the liquor through a thick canvass cloth: then make clean your pot, and put the liquor (that ran through the canvass) therein, and set it on the fire again, then put in your Turpentine and Frankinsence, the Frankinsence must be beaten and searsed, and let them boil very softly, stirring it with your slice the space of a quarrer of an hour, then take it from the fire, and

strain

ſtrain it through another ſtrainer. This Oyle muſt be put into a Glaſſe bottle, and the mouth ſtopt very cloſe.

*How to cure with this Oyl.*

Firſt you muſt wet a fine linnen cloth in White Wine, and waſh the wound with the Wine being warme, and the bloud and corruption being cleanſed, fill the wound with the Oyl, as warm as the Patient can ſuffer it, then lay a linnen cloth wet in the Oyle upon the Wound, and upon that another cloth wet in the White Wine, and ſo dreſſe it morning and evening. If the Wound be deep, take a Sirenge, and ſpurt in the Wine to cleanſe it. And thus may you cure deep Wounds without any Tent. The Wound being come to a Plaiſter, to skin it, take of the ſaid Oyl one ounce, of Turpentine one ounce, of Virgins Wax one ounce, boil them together till the Turpentine and Wax be melted, and thereof make a Plaiſter to skin the Wound, and keep it in a pot very cloſe ſtopped for your future uſe.

*To make Oyle of Adderſtongue.*

Take a quantity of Adderſtongue, chop it ſmal, and in the chopping of it, ſprinkle on it ſome White Wine, then put the Adderſtongue into a quantity of Sallet Oyle, according to the quantity of your Adderſtongue, and boile it very well, then ſtrain out the Herbs, and put in freſh Herbs ſo prepared as aforeſaid, and boil it again. Thus do three ſeveral times, and keep it for your uſe.

## OYNTMEMTS.

*An Oyntment for a Bruiſe.*

Take a gallon of ſweet Butter unſalted, well waſhed in the month of May, and a handful of Broom flowers, and bruiſe them in a Mortar, ſet the Butter and them over the fire, and boil them well, and ſtrain them into a Gally pot. This is good for a woman in her Child-bed, and it is good for a ſore Breſt, before it be broken.

A

*A very good Oyntment.*

Take Rosasolis, Sallet Oyl and Neats Foot Oyl, and boil them all together over the fire.

*To make the green Oyntment:*

Take one pound of Sheeps suet, and melt it, and skim it, and put thereto one ounce of Verdigrease, and half an ounce of Sal gemmi in fine powder, and stir it well together, then take it from the fire, and put it into a clean box, and keep it, for it may be kept many years. It is good for Cankers, and to heal old Wounds, and to fret away dead flesh, and it will keep a Wound from festering. It is good for Morphew and for Scabs, and there is no Oyntment that worketh so strongly as this doth. *Probatum.*

*To make another green Oyntment.*

Take of Sage, Rue, of each a pound; of Wormewood, Bay leaves, of each half a pound, of Mellilot Herbs,

and flowers, of Camomile flowers, of Spike, Rosemary, red Rose leaves, Saint Johns wort and Dill, of each one good handful, of Marsh Mallowes two handfuls, chop these Herbs and Flowers as small as may be, and stamp them and weigh them, and put thereto the weight of pure sheeps suet, chop it small, and mince your Herbs and it together, and stamp it in a stone Mortar to one substance, that there be no suet seen, but all green, put it in some fair pot or pan, and put thereto a pottle and a pint of Oyl Olive, and work all these together in the pan with your hand to one substance, and cover it close with some clay or paste about the edges that no air come in nor out, and let it stand so seven daies, then undo it and take it forth, and put it a clean pan, and set it on a soft fire, alwayes stirring it till the Herbs begin to wax parched, and then strain it into some fair pan, and then put into it these Oyls following, Oyle of Roses, Oyl of Camomile, Oyl of White Lillies, Oyl of Spike, and Oyl of Violets, of each one ounce, stir them all together, and reserve them to your use.

The Infirmities that this Ointment is good

good for, are these; for Stiches, Bruises, Aches, Palsies, shrinking of Sinewes, Gouts, and Sciaticaes, the Ache of the Back, Lamenesse, Plurisies, the Cough, the soles of the feet being annointed; for extreme pain in the head, make a cap for the crown of the Head of linnen cloth, and lay in it the woo'l of a quick Sheep, plucked from the flanks and cods, pick out all the moates, and make it cleane and card it, then straine it with this Oyntment, and baste it, and lay it some what warm to your Head. It is good for the Cholick, and for the Spleen, and for the cold Dropsie of the Liver. If you will have it to be more pleasant of sent, and more nourishing, add thereunto of the Gums of Labdanum one ounce and a half bruised fine to powder, of the Gum called Storax Cremitie three quarters of an ounce beaten well to fine powder, mingle the other stuffe and this together, and strain it, and keep it to your use.

*An Oyntment for the heat of the Raines, or elsewhere in the Body.*

Take Oyl of Roses six ounces, of clear white

white Wax, two ounces scraped as fine as may be, dissolve these together on the fire, and skim them as clean as may be, then have a dish ful of Rose water, and three spoonfuls of Rose Vineger mixt together, strain your other stuff into it, and labour it a long time in the liquor, and last of all have ready Camphire a dram in fine powder, and work it till it be cold. This is a good Oyntment for the back, head or eyes.

*An Oyntment for a Bruise or Ach.*

Take of Dill, Vervaine, Mugwort, Henbane, the tops of Camomile, Lavender, of every one a like quantity, then take May butter, and shred the Herbs small, and put them in the May Butter and stamp it well in the Butter, then let it stand a fortnight, and then fry it well, but take heed you burne it not, and then strain it, and keep it to your use.

*A very good Oyntment for all Aches and shrinking of Sinewes, for blasting of the Face, and for greene Wounds.*

Take of Mellilot, white Dothet, Adderstongue, Valerian, of each three handfuls, May butter well clarified in the Sun four pound, your Herbs must be shred small, and then stamped very wel by themselves, and after stamped againe with your clarified butter, and so let it stand six or seven dayes, then boil it over a temperate fire until the Butter be green, stirring it alwayes till it be taken from the fire, then strain it, and keep it to your use.

The white Dothet doth grow in moorish grounds where Rosasolis growes, and groweth very neer the ground like a Plantane, but a more yellowish greene leaf, it beareth a blue flower on a tall stem and smal; no Herbal maketh mention of this Dothet.

An

*An Oyntment for any Swelling or Sore. It is good for many things.*

Take three good handfuls of Rosemary, and as much of Hisop stripped, Rosen as much as a Walnut, and one pound of fresh May butter, boil them all together until it be green, then strain it into pots.

*A very good Oyntment for any Ache.*

Take two pound of fresh new butter, and clarifie it till it be clear, then take a handful of the youngest Bay leaves, of Camomile, red Sage and Herb grace, of each two handfuls, chop the Herbs, then boil them in the clarified butter a pretty while till it be green, then straine it, and keep it for your use, and when you use it, let the place pained be well chafed therewith against the fire. You must also put in it with the rest a handful of Smallage.

*An Oyntment for a Wrench or Strain.*

Take the white of an egg and a spoonful

ful of Honey, and beat it to an Oyle, then boil Bove wort with Sallet Oyl or Butter to an Oyl, and mingle it together.

*An excellent green Oyntment for a strain or Bruise.*

Take a handful of Camomile, of Bay leaves four handfuls, of Smallage foure handfuls and a half, of red Sage four handfuls, of Herb grace three handfuls, chop the Herbs and stamp them, then take five pound of fresh Ewes Butter, and boil it, and when it riseth, take it from the fire, and let it stand, then take off the skum cleane, and then put in the Herbs together, keeping it stirring, and when it is well boiled take it off, and let it stand till it be cold, then strain it into an earthen pot well glaz'd, and keep it to your use, it will continue a year or two.

*An Oyntment for Legs that itch with heat, or to cool or heal any Sore running of a hot humour.*

Take a handful of Houseleek, stamp it very

very small, and mingle it with thick Cream, and annoint the sore therewith.

*A Soveraign Oyntment to strengthen Sinewes, and good for Lameness.*

Take half a pound of Swines grease, half a pint of Sack, Camomile and Betony, of each a handful, as much Sage, half a handful of Bay leaves, halfe an ounce of Cloves, chop the Herbs small, and beat the Spice small, and let it boil all night on the Embers, then strain it out, and use it.

*An Oyntment for all Aches, Lameness of Sinewes, Stitches, Bruises, Plurisies, or Gout.*

Take Sage and Rue cleane picked of each a pound, of Bay leaves and Wormwood of each half a pound, of Rosemary three handfuls, Camomile flowers one good handful, Dill and Spike of each a handful, of sheeps Suet, the skin picked off, three pound, of sweet Sallet Oyl three pints and a half, the Herbs must be chopt smal, and the Suet minced as fine as may be, then beat the

the Herbs and Suet together into one substance, put it into an earthen pan, and put thereto your Sallet Oyl, and work it with your hands until it be well mingled together, then cover it with a dish, and close it with paste, and and so let it stand six or seven dayes, then take it forth, and put it into a broad pan, and put thereto one ounce of Mace smal beaten, then boil it with a soft fire, and stir it well till the leaves be parched, put into it three ounces of Oyl of Licoras, two ounces of Oyl of Spike, then strain it, and put it into a glasse for your use.

*An Ointment for any Ache or Bruise.*

Take the leg bones of a male Deer, and break them, so as the marrow may bee taken out, and put it in a Posnet, then put to it a pretty quantity of Daisie roots, and the like of Elder buds or leaves, as much Camomile and a little Balm, all clean picked, then put in the marrow, and let them boil a pretty while, then strain it, and keep it for your use.

*An Oyntment for a Strain.*

Take a pound of Rosemary leaves and flowers, one pound of running Mallows leaves and flowers, and a good handful of Camomil, but wash them not, gather them when the dew is off the ground, chop them very small, and stamp them with a wooden pestle, put to them a quart of May Butter well clarified in the Sun, stamp them all together til they be all wel mingled, then put them in an earthen pot and stop it close, and let it stand nine dayes, and then seeth it on the fire, and stir it wel for burning, and when it is greene, strain it through a Canvasse cloth, and keep it for your use.

*A greene Oyntment to be made in May, an approved good one for divers things.*

Take young Bay leaves and Wormwood, of each halfe a pound, red Sage and Rue, of each a pound, all must be gathered in the heat of the day, pick them clean, but wash them not, beat them

them very ſmall in a great Mortar like greene ſawce, then take three pound of new Sheeps ſuet, clean picked and ſhred ſmal, beat all theſe together til they be wel incorporated, then put to them a pottle of the beſt Oyl Olive, work it wel with your hands til it become all of one ſubſtance and colour, put it into a new earthen pan, and let it ſtand there cloſe covered in ſome cool place eight dayes, then boil it on ſmall coals almoſt a whole day ſtirring it wel, and after it hath boiled four hours or more, put to it four ounces of the beſt Oyl of Spike; and to know when it is throughly boiled, take a drop thereof in a ſawcer, and if it be a fair green colour, take it off, and ſtrain it through a new piece of courſe canvaſs, and put it up in Gally pots, it wil laſt ſeven years.

It cureth all Straines, Swellings, Aches, Kibes, Cramps, Scaldings, Burnings of all ſorts, all outward pains or griefs, eaſeth the Sciatica and Gout, with all kinds of ſwellings in the face or throat.

An

*An Oyntment for an Ache.*

Take Camomile, Bayes, Marygold, Dill and Mallow leaves of each a like, chop them, and boil them in fresh butter or Sallet Oyle, and so strain it forth, and when you use it, warm it, and so annoint the place.

*To make* Flos Unguentorum, *the flower of all other Oyntments.*

Take of Rosen and Perosen, Virgin Wax and Frankinsence, of each a quarter of a pound, of Mastick one ounce, Harts Tallow or Deers Suet one ounce, of Camphire two drams, Olibanum four ounces, the Rosen, Perosen, Frankinsence, Mastick and Olibanum must be beat apart in a Mortar into very fine powder, and searsed, then melt your Wax and Deers Suet, being first cut in small pieces together, stirring them very well with a clean stick for fear of burning to, then put in your powder of Rosen when they be throughly melted, shaking it in by little and little, and likewise your powder of Perosen, Frankinsence and Mastick, one after

after another, stirring it continually together till all the Powder be melted, in no wise suffering it to boil, but so soon as you perceive it to be throughly melted, take it off and strain it through a strong course cloth into a pottle of White Wine boiled seething hot, so long as any thing may bee gotten through the cloth, and so stir it till it be no warmer then bloud warm, then put thereunto a quarter of a pound of Turpentine and your Camphire, stil stirring it, and when it is cold, make it up into rolls of a reasonable size, and put it up in parchment to keep, and so you may keep it a long time, if you keep it dry; if you find any knots in it in the rolling of it up, by reason of the negligent stirring of it, take them out. And for a Fistula, put therein four ounces of Mirrhe. In the Mortar before you do grind the Camphire, you must grind three or four Almonds, and take them out with a feather, and stamp your Camphire therein, and grind it very small, and take it out with a feather, &c.

*The*

*The Effects of this Oyntment.*

It is good for old and new Wounds, for amongst all others it is most cleansing and wil ingender good flesh, and it healeth more in a night, then any other in a month, and suffereth no corruption in a wound, nor any ill flesh to be ingendred. It is good for a Festure and Canker. It draweth all manner of ache out of the Liver, Spleen and Reins of the back. It breaks Imposthumes, it is good for the Head ach & for the singing in the brain, and for all manner of Imposthumes in the head or body, for blowing in the ears, or for sinews that be strained or shrunk. It draweth out any thorne or broken bone, or any evil thing that is in a wound; it is good for the stinging or biting of any venemous beast; it rotteth all manner of Botches, and healeth the same without fear; it is good for the of the Members, the Flux, the Menstrous, if it be laid to a womans Navil; it helpeth the Emrods, and is very good to make a Cerecloth for the Gout, all Aches and Pestilent Botches. If you lay this Plaister to a little Sore or Wound,

Wound, one Plaister wil serve twice, if it be clean wiped; also if you lay it to any place where the skin is not broken, you may let it lye thereunto til by the moisture that it draweth from the sore place it falleth off; and so from time to time you must do it til you find release of pain, and being driven thin upon a cloth you must lay it that it may cover all the sore.

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## PALSIE.

*For the Palsie.*

TAke half a pound of sweet butter, a pint of new Cow-dung, and boil them both together till it come to a Salve, then lay half of it upon a woollen cloth, and lay it to the nape of the neck, and when it is cold apply the other half warm.

*Another.*

Take White Wine and Sider, and take a good

a good deal of red Sage, and boil them well to the one half, and wash the Patient where he shaketh, and if his Head shaketh, wash the neck as hot as may be suffered, and keep his neck warm and his joints at all times.

*Against the Palsie.*

Take a handful of Sage, of Southern. wood, Spike of Lavender, of each alike. boile these in a gallon of running water, and strain it into a stone pot when it is boiled away to a pint and half, then every morning take three or four spoonfuls thereof luke warm, and gargarise therewith, and put it forth again. Also take some of the same water warm, and chafe the place with a spunge.

*Of the Palsie.*

This shaking is a continual strife of natural powers, which are raised without ceasing. It hapneth; first by looking from a great height, by sudden fear or sudden joy, or much cold or great heat, or much bleeding; for remedy, use three leaved grasse, Cummin and Sreches,

Steches by Glister or otherwise; of Oyls, use Oyl of wild Cowcumbers, Oyl of Dil, of Clivers Artico, which Herb is very good against the shaking Palsie.

## PLAGUE or PESTILENCE.

*For the Pestilence.*

Take half a handful of Rue, as much of Fetherfew, and one handful of Marigolds, a handful of Burnet, a handful of Sorrel, a quantity of Dragons, either the root or the crop, as the time of the year requireth; and then take a pottle of running water, and let them boil over the fire till half the water be consumed, then take it from the fire and let it cool, and when it is almost cold, straine it through a fair linnen cloth, and then let the sick body drink thereof, and if it be too bitter, put thereto a quantity of loaf Sugar, or else powder of Licoras.

This hath been proved of a certain by great men, and hath holpen almost an hundred Persons in divers places; and where there were three persons in one

houſe ſick, two of them drunk thereof, and the third would not, and he dyed, and the two that took it lived, and this was proved of a certain. This Medicine muſt be given betimes before the Purples do appear, and it will ceaſe by the grace of God.

*A Medicine againſt the Plague.*

Take a handful of Sage vertue, a handful of Hens greaſe, a handful of Elder leaves, a handful of red Bramble leaves, and ſtamp them all together, and ſtrain them with a fine cloth into a quart of White Wine, and then take a quantity of Ginger, and mingle them all together, and drink thereof a ſpoonful every day faſting for ten dayes together, and for the firſt ſpoonful you ſhall be ſafe for four and twenty hours, and after the ninth ſpoonful you ſhall be ſafe for all the yeare after. And if it ſhall happen that any be ſtrucken with the Plague before this Medicine be taken, then take water of Scabious and water of Betony, and a quantity of fine Treakle, and put them together, and drink it, and it will put out all the Venom, and if the

the Sore do appear, then take leaves of Elder, and make a Plaister thereof with Mustard seed stamped together, and lay it to the Sore, and it will draw out all the Venome, and (by Gods grace) recover the party.

*A precious Water good against all Poisons and Pestilences.*

Take Turmentile, Scabious, Dittony, Pimpernel, of each a like quantity, distil them all together, and drink of it.

*An approved Medicine for the Plague.*

It taketh one like the Ague, with cold: as soon as it taketh them and complain of it, take five, seven or nine leaves of Garden Spurge, nine is the most, stamp them small in a dish, and put to it warm milk or Posset Ale, and let the sick body drink it, and presently go to bed and sweat; then take a great Onion and take out the core, and put into it Mithridatum, then lay on the top again, and roast it very soft, then beat it very small in a dish, and put to it three spoonfuls of White Wine Vinegar, and as much

Sugar as will make it pleasant to take, and as soon as the stomack is purged, give him of the Onion as much as you can, for that will draw out the Sore in four and twenty hours (by Gods grace) and keep the Patient very hot and warm, and give him hot Broths and Drinks, and keep him in a sweat four and twenty hours, and after keep him very hot, and when the Sore is come out, roast an Onion with Treakle and Vinegar, and lay it to the Sore to draw it out, and have a Chirurgion to launce it.

For the rest of your houshold, give them every day Mithridatum and Treakle, and take Centory and Madder, and boil it in Beer, and let them drink now and then thereof.

*An excellent Drink against the Plague, Small Pox or Meazels, and for the cure and prevention thereof.*

Take a pint of Dragon water, three pints of the best Malmesey or Muskadine, boil therein of Rue and Sage, of each a handful, and let it boil till one pint be boiled away, then strain it, and afterwards set it on the fire again, and put thereto

thereto long Pepper, Ginger and Nut-megs beaten to powder, of each one ounce, boil all these a little more, and then take it from the fire, and put therein of the best Mithridate one ounce, of *London* Treakle two ounces, and a quarter of a pint of the best Angelica Water, and use it as followeth. **If you think your self to be infected, take one spoonful of this at a time morning and evening luke-warm, but if not infected, take it but once or twice a week at the most, half a spoonful at a time, in any Plague time; and when they that are infected take this, let them lye down and sweat two or three houres in the bed;** and when they be well dryed, and warm kept, let them drink none but warme Drinks or Caudles, and so by Gods assistance they shall be well. This Drink will keep good half a year if it be close kept.

*A good Drink against the Plague.*

Take of White Wine one quart, and put therein the juice of these Herbs following, of Elder leaves, Rue leaves, Wormewood and Scabious, and put in a

ſpoonful of good Treakle, and the pow-der of a good Race of Ginger, ſtir all together, and drink three ſpoonfuls of this every morning for the ſpace of nine dayes together: This preſerves you from the Plague, and if you be infected, it wil expel it; and if it come to a Botch, ſtamp the leaves of red Brambles with Muſtard and Honey, and make a Plaiſter, and lay it to the Sore. *Probatum.*

*An excellent thing to defend the Plague.*

Take twenty leaves of Rue, two Wal-nuts, and two figs, and a graine of Salt in the morning faſting with a little Wine.

*A good Preſervation againſt the Plague.*

Take of the beſt Hungaria or Roman Vitriol, with a little Amber, and diſſolve it in Vineger of the beſt, then take a litle Roſewater, and mingle therewith, and every morning take half a ſpoonful thereof, and caſt it on a brick made hot in the fire, and let the chamber where any abide be perfumed every day, and it will take away all corruption and poi-

ſon

son out of the Chamber, so that the Spiders will not endure; of all outward Medicines, there is none better then this, by the advice of Doctor *Matthias* a Germane, and Doctor *Butler* of *Cambridg*.

*A Water for the Plague.*

Take Turmentile, Scabious, Betony, of each a like quantity, distil them together, and they will make the best water for a Surfet or any manner of poisonous Disease, if you drink it in the morning fasting.

*A Water to be made in May, good against the Plague or Surfet.*

Take Cellendine, Rosemary, Rue, Pellitory of Spain, Scabious, Angelica, Pimpernel, Wormwood, Mugwort, Betony, Egrimony, Balme, Dragon, and Turmentile, of each half a pound, shred them somewhat smal, and put them into a narrow mouthed pot, and put to them five quarts of White Wine, stop it close, and let it stand three daies and nights, stirring it morning and e-

vening, then take the Herbs from the Wine, and distil them in an ordinary Still, and when you have distilled the Herbs, distil the Wine also, wherein is vertue for a weak stomack. Take of either of these three or four spoonfuls in the morning or any other time, as occasion serveth, walking after it till you shall feel your selfe inclining to sweat, then go to bed, or betake your self otherwise to rest.

*An approved Medicine for the Plague.*

Take a root or smal handful of Saxifrage or Meadow Parsley, one good spoonful of Sassafras wood smal beaten, one half root of Tormentile or Setwal, Elder berries one good spoonful, or a handful of the leaves of Rue, red Sage, and red young Bramble leaves, of each a handful, two spoonfuls of old black Ivy berries, Harts horne scraped very small as much, eight Figs dryed, eight Races of white Ginger, and two Oranges, stamp them all together in a Mortar, steep them all at least twelve hours in a quart of White Wine, and half a pint of White Wine Vinegar, then strain them through a fine

a fine cloth, and drink every morning a spoonful fasting, and take nothing in two hours after, and as much at night; if you be to go abroad into any infectious place, carry in your mouth one half root of Tormentil, taking the wind as much as you can of all infectious persons and places. This is to be done before you be infected, and when you are infected, you must keep your self warm and out of the ayre for twelve dayes, drinking this as before; and if there be any great danger, you may drink a spoonful every three or six hours, and it will with Gods blessing bring the Infection out in Sores, which being done, the worst is past; only take heed of cold to drive in the Sores again, and use warm Poultices which may draw them to a head, ripen, and so break them.

*A Preservative against the Plague.*

Take of Sage, Rue, Elder leaves and red Bramble leaves, of each a handful, stamp them all together, and strain them through a cloth with a quart of White Wine, then take a quantity of Ginger, and mingle it together, and drink thereof

morning and evening a spoonful nine dayes together.

*For the Party Infected.*

If you be infected before you have drunk the aforesaid Medicine, then take a spoonful of Scabious Water, as much of Betony, and a quantity of fine Treakle, put it together, and drink it, and it will expel the Venom.

*To break the Botch.*

Take Bramble leaves, Elder leaves and Mustard seed, and stamp them all together, then make a Plaister thereof, and lay it to the Sore.

*A Medicine for the Plague.*

Take three slips of Herb grace, and six spoonfuls of Vinegar, and beat them together, then strain them, and put thereto one ounce of Treakle, and one ounce of Sugar, and stir them together, and set it on the fire and make a Sirrup thereof, then take a Sage leafe, and every morning take as much as a bean upon the same leaf, and eat it.

A

*A Drink againſt the Plague.*

Take one ounce of Sorrel Water, as much Dragon water, and a dram of Treakle, and put thereto a dram and a halfe of Powder Imperial, and give it to the Patient in Ale within four and twenty hours after he is infected.

*Another.*

Take a handful of Savory, and boil it in a quart of Wine Vinegar with a ſpoonful of graines beaten being put therein, and drink it every morning with Sugar faſting.

*Another.*

Take in the morning faſting one dry Figge, one Walnut, and four or five leaves of Rue chopt all together, and eat it, and after drink a cup of Wine.

## PILES.

*A good Medicine for the Piles or Emrods.*

Take a very old and hard white Dogs turd, which will be on the top of Molehills, and seeth it in Sallet Oyl very thick and so put up the Piles therewith, and it will help very quickly.

*A Plaister to mitigate the pains of the Piles and Emrods.*

Take the pap of an Apple, and put thereunto the yolk of a new laid egge, work them well together, then put in nine cleaves of Saffron small ground, of Linseed twenty cornes finely ground, these boil all together on the Embers alwayes stirring it, of this make a Plaister and lay it to your grief.

*A Medicine for the Piles.*

Take a good handful of Mullet leaves, and a good handful of Elder leaves, and

stamp

ſtamp them very ſmal in a Mortar, and boil them in freſh butter very well, ſo that it may be very ſtrong of the leaves, then ſtrain it, and keep it for your uſe.

*For the Piles.*

Take a fair great Pippin or other Apple, and cut off the top, and take out the core, then fill the ſame with Capons greaſe and the powder of Saffron, and roaſt the apple in the Embers till it be ſoft, then ſtamp it, and make thereof a Salve, and ſpread the ſame upon a piece of leather, and lay it on the Sore being well warmed.

*Another.*

Take a pint of Sallet Oyl, Roſemary tops, Sowthernwood, Hiſop, Lavender, Camomile and Coſtmary, of each almoſt a handful, and a good handful of red Roſe buds, ſtamp all theſe herbs in a ſtone Mortar, then put them into the Oyl, and let it ſtand nine dayes, then boil it half an hour, and when it is almoſt boiled, put into it a quarter of a pint

of

of Aquavitæ, and so keep it to your use.

*Another.*

When they come forth and swel much, bathe them (with the water that Mallowes Fenicrick and Onions have boiled in) very warm, and after the bathing, apply unto it this Plaister following, Take the fineſt and inner part of a roasted Onion, beat it in a wooden dish with May Butter, and a little powder of Saffron, and annoint the Sore.

*To heal the Piles and Emrods.*

Take the leaves of green Elder, and boil them in a pint of water, and four spoonfuls of White Wine, then take a piece of cloth three fingers broad, and take the leaves so boiled as hot as you can suffer them, and so apply it a good while, then rub it with a little May butter. *Probatum.*

℞ *For the Piles or Emrods. Mrs.* Wing.

Take Oystershels, as thick as you can get

get them, and the neweſt, and burn them in the fire till they be red hot, then take the inner white of thoſe ſhels, and beat them in a Mortar very ſmal, then ſift them through a piece of Lawne, then take ſome Linſeed Oyl in a ſawcer, and warm it, and annoint the Piles firſt with that Oyle, then ſtrew the powder thick upon the Piles, then take a cleane rag and dip it in the Oyl, and lay it upon the Piles, and dreſſe it ſo twice every day, this is a ſure and an approved Medicine, and faileth not to help. *Probatum.*

## PLAISTER.

### *To make the Black Plaiſter.*

Take a pint of Oyl Olive, and halfe a pound of red Lead, and boil them together, and ſtir them with a ſlice of wood continually until it be black, then take it from the fire, and put in a pennyworth of red , and a quarter of a pound of Roſen, and ſet it on the fire againe, the fire may not blaze, and ſtir it, then powre a little of it on the ſide of a diſh, and

and if it ſtick to the diſh it is enough, then let it ſtand until it be cold, and then make it up in rolls for your uſe. It is good for any ache, new wound that bleedeth, or an old Sore, and to ſtanch blood.

### *An excellent Plaiſter.*

Take Harts ſuet four ounces, Roſen and Peroſen, of each half a pound, white Wax and Frankinſence, of each foure ounces, firſt melt the Suet and Wax together, and then powder the Gums, and put thereunto, and when they have relented together, ſtrain them through a canvaſs cloth into another veſſel, and put thereunto a pottle of White Wine, and ſet it on the fire again, and boile them to the conſuming of the Wine clean away, ſtirring it with a ſtaff, then take it from the fire, and when it is almoſt cold, put to it four ounces of Turpentine well waſhed in White Wine, two drams of Camphire well powdered, then make up your Rolls, and lap them in Parchment. This Plaiſter is good for Wounds both new and old, for Bruiſes and for Aches; and it doth mundifie

Ulcers

Ulcers and old Sores without pain, and comforteth the members that it lyeth on. It is good both for Fistulaes and Cankers that are ulcerate.

*A drying Plaister.*

Take Oyl of Roses eight ounces, white and red Lead, of each three ounces, Cerus six drams, Littarge of Gold, Sanguis Draconis and Bole Armoniack, of each one ounce. Camphire one dram, make all these into fine powder, and mix it with the Oyle, and set it on a soft fire alwayes stirring it, and let it boil til it be Plaister like. This Plaister is good to dry all Sores in the legs.

*An excellent Plaister for any Sore old or new.*

Take the yolk of an egg, as much ordinary Turpentine, and as much Herb grace chopt and stamped, mingle all these well together, and spread them on a cloth and lay them to the Sore.

*A Plaister for all manner of Swellings in any place.*

Take Parsley, Herb Christopher, and crumbs of sowre bread, beat them small together, and boil them in White Wine, and make thereof a Plaister, and lay it to warm.

*To make Parracelsus Plaister.*

Take Gum, Galbanum and Opoponax, of each one ounce, Amoniacum and Bdelium, of each two ounces, beat them smal, and put them in an earthen Pipkin glazed, and powre on them as much White Wine Vinegar as will serve to steep the Gums in, so let them stand one day and one night, the next morning boil them in the same Vinegar on a gentle fire of coals, and when they be throughly melted, pour them out hot into a bag, and wring them well, and cast away that which remaines in the bag, then take the liquor so strained, and let it boil in a pot till the Vinegar be consumed clean away, and in boiling you must stir it continually lest the Gums

Gums burn to the bottom. Then take Oyl Olive one quart, new Wax halfe a pound, put them into an earthen pot glazed, such a one as is of sufficient bignes, and set it over a fire of Coals, and let it melt softly, then put into it one pound of Littargy finely beaten into powder, stirring them continually with a wooden slice, and when they be all well mixed together, and of the colour of tawny, then take it from the fire, then take of the aforesaid Gums that were first boiled, the quantity of a nut, and put thereto, and so by little and little put in all the Gums, and being well mixed together, then set it over the fire again, take heed withal, lest the matter be over heated and run into the fire, for it is very hot of it self; then put into it these things following, Take of the two kinds of Astrology rotunda. Calaminaris, Mirrh and Frankinsence, of each of them one ounce, beat them into powder, then put them into the said matter, and powre upon the same one ounce of Oyle of Bayes, and last of all put into it four ounces of the best Turpentine, then boil all together, and stir it continually; and when you would know whether it be sodden enough or

no

no, put a little thereof into cold water, if it be not soft that it will not cleave unto your fingers it is enough; but if it cleave it is not enough, but let it boil until it is enough, then take it from the fire, and pour it into a Bason of cold water, then annoint your hands with Oyl of Roses, and work it well with your hands two or three hours, and make it into Rolls and keep it.

It is good for old and new Sores, it draweth and cleanseth, it wil not suffer any Sore to putrifie, but if there be dead flesh in the Sore before it be laid on, it will not take it away. It is good for sinewes cut or pricked with thornes, it will draw out of Wounds, Iron, Wood or Lead, and it is good for the biting of venemous Beasts, it is also good for Biles, Fistulaes, Cankers, Shingles, and for Saint *Anthonies* fire. Sir *Thomas Porter* hath found by often experience a speedy help for bones out of Joint, so that laying on two or three of these Plaisters, hath healed in fifteen dayes Armes out of Joint; when you do lay up this Salve, keep it in an Oyly paper.

PLURI-

## PLURISIE.

*A good Medicine to ripen a Plurisie.*

Take a fair Costard, and cut off the crowne, and pick out the core, but make no hole through, and then put in all these powders, of Bores tooth the weight of four pence, of the Powder of Rubarb grated fine as may be, the weight of three pence, of Cinamon the weight of a penny, of the powder of white Sugar candied the weight of two pence, put all these into the Apple, and cover him again, and lay him on a tile on the Embers, and roast him till he be soft as may be, then cut it in sunder, and give the sick party in the morning half of it to eat, and fast two hours after it, then eat some good broth, and take the other part of the Apple the next day, so that both the dayes are good to take a Medicine on.

*An*

*An approved Medicine for the Plurisie.*

Take a quantity of Horse dung which is kept in the Stable, strain it with Ale, then put to it a good quantity of Treakle and some Ginger, and let the Patient drink thereof morning and evening lukewarm as much as he can endure.

*A Plaister for the same. Probatum.*

Take a good handful of Brooklime, and shred it very smal, and boil it in fair water till it be very tender, then take a quantity of Sheeps suet and wheaten bran, and boil them together till it be thick, and so lay it to his side where the pain is, as hot as may be endured.

*For the Plurisie.*

Take a quart of White Wine, put to it two handfuls of Cummin, as much Oaten bran newly bolted, bruise the Cummin, and boil all to a Poultice, and put it in two bags hot, lay one to the side pained, and when it cooleth, lay to the

the other, and so continue changing them three or four hours.

Or take Earth-wormes and fry them in Vinegar, and spread them, and lay them to the pained side.

*Another.*

The Plurisie cometh of cold humours, therefore beware you take not much cold or any cold thing. Malmesey sod with Camomile is very good.

A sweet Apple roasted, and eaten with powder of Licoras and Sugar candied, is good to be eaten in the morning and at night. A sweet Apple also is best with Olibanum. Also a Plaister of Pitch is very good laid to the side.

*Another.*

Annoint the place where the paine is with the Oyl of Linseed.

*For the Plurisie.*

Take four Spanish Balls newly gathered from a Horse, stamp them and strain them with a pint of White Wine, and

and as much beer, & put to that a penny worth of Treakle being first melted, and give the party to drink thereof twice a day, and not to eat nor drink one hour before nor after: if you be sure it is the Plarisie, let him blood within three dayes, but if he be longer before he be let blood, be sure you let him blood on that arm on that side where the pain is. Also if when after blood letting he fall worse again, this Drink is a very good Medicine for that Sickness taken by overmuch labour or lying on the ground.

There must be laid also to the side that the stitch is on, for the Plurisie, this following:

Take a pint of new milk, make batter of it with wheaten flower, as thick as you do Fritters, put to it three spoonful of Honey, and a groats worth of Saffron, boil it to a Poultice, and spread half, and then grate it over with Nutmegs, and lay it warm to the side, and when it hath been on twelve hours, then lay to the other half, and make more if you see cause.

Also if you boil a piece of leaven, as big as a good Apple, in Vinegar, the quantity of four spoonfuls, and as much Rose-water

water, and a few Rose leaves to a Poultice, spread it, and grate it thrice over with Nutmegs, and lay to the pained side: It is also very good for the Plurisie, or for any pain in the side.

If you take two handfuls of Horse-dung, two Races of Ginger powdered, boil them in a quart of White Wine being bound in a cloth, boil it to the one half, then drink a good draught morning and evening, and after you have drunk it, cover your self warm and sweat; this way is also very good. If the party be costive, give him gentle Purgations, as Cassia Fistula, or use Suppositories or Glisters.

For this Sickness Tessers are good, and the water of Mallowes, Violets, Borage or Bugloss, Sugar candied also.

Take also of the Water of Broom flowers, Scabious and Carduus Benedictus, of each three spoonfuls, put in Sugar candied, and let the party drink so much morning and evening, and annoint the side with Oyl of Broom flowers.

*To know whether one have the Pluriſie or no.*

Hold in thy breath as long as poſſibly thou canſt do, and then if thou canſt not let thy breath paſs from thee without coughing, aſſuredly thou either haſt it, or art in danger of having it forthwith.

*For the cure of the Pluriſie,*

Thou muſt be let blood forthwith; then take the quantity of a Walnut of Carduus Balſom, and eat it upon a knifes point, and take again preſently the like quantity of the ſame Balſom, and melt it in a ſawcer at the fire, and with a ſoft clean linnen cloth dipped in the Balſom, waſh and bathe thy left ſide well, as hot as thou art able to ſuffer it, then warme the ſaid cloth, and lay it double over the place pained, and bind it on, and ly down to reſt, and by Gods bleſſing thou ſhalt find it a preſent Cure.

*For*

*For a hot Pluriſie.*

When any get a pricking pain about the ribs with a Cough and an Ague, then uſe this Gliſter, Take ſixteen ounces of Broth wherein a Lambs head or Calvs feet have been ſodden, put therein one ounce of Sugar, the yolk of one egg, two ounces of Sallet Oyle, ſalt one dram and halfe, temper them well together and uſe it.

## PRICKING.

*For the pricking of a thorn, Swelling or Ancomb.*

Take Birdlime and ſpread it on a piece of Glovers leather on the Allome ſide, and lay it on as far as the ſwelling goeth, and let it lye four and twenty hours, and then renew it again.

*Another for the pricking of a thorn or needle in any joint.*

Take fine boulted flower, and temper

it with White Wine, and boil it together till it be thick, then lay it on the Sore as hot as may be suffered, and it will open the hole, and draw out the anguish, help the aking, and heal it: for want of White Wine take Ale or Beer. It is good to heal a Boil or Whitlow.

## POULTICE.

*To make a Poultice for Wounds or Swellings.*

Take a good quantity of Marsh Mallowes, or of other, if you cannot get them, and boil them in clean water, then cut them small, and take White Wine dregs, and of good Ale as much more, your Mallowes being shred, put it into your dregs, and put in some Deers Suet and Sheeps Tallow melted, and crumbs of brown bread, boil all these together till it be thick, alwayes stirring it to keep it from burning, then lay it warm every dressing upon a woollen cloth, it dissolveth hardnesse and swelling. The Lady *Farnchams* Poultice.

*Another Poultice to mollifie and dissolve.*

Take the crumbs of white bread, seeth them in milk, and put to it Oyl of Camomile and a little Saffron, then take it from the fire, then put to it the yolks of two new laid egges, and so make of it a Poultice, and lay it to the sore.

*An approved good Poultice to lay to an Ache or Pain.*

Take a good handful of Mallowes, another of Smallage, a handful of Linseed, as much of Oatmeal grets pounded together, a pottle of well water, halfe a pint of milk, and Deeres Suet as much as an egge, or else so much of Sheeps Tallow, then boil all these together till it be thick, then lay it to the Patient where the pain is, being spread upon a linnen cloth.

*A very good Poultice for Wind gotten into joints.*

Take Wormwood and Dill dryed and

it with White Wine, and boil it together till it be thick, then lay it on the Sore as hot as may be suffered, and it will open the hole, and draw out the anguish, help the aking, and heal it: for want of White Wine take Ale or Beer. It is good to heal a Boil or Whitlow.

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Take Wormwood and Dill dryed and

beaten to fine powder, of each one handful, of Sheeps dung three handfuls, of Camomile flowers half a handful, of Cummin seeds two ounces, seeth them all in Lye, and let it boil together until it be very thick, then spread it upon leather, and lay it upon the place grieved warm: but first annoint it with Oyle of Rue. Mr. *Smart.*

*A Poultice for a Bruise or Strain.*

**Take Claret Wine, Balme and Rose-leaves, boil them together till they be thick, then lay them to the Sore as hot as the Patient can suffer it.**

*A Water to wash the place before you apply the Poultice.*

Take Mallowes and Smallage, of each a handful, boil them in a quart of Vinegar to a pint, then wash the place pained as hot as you can suffer it.

*An excellent Poultice for the Ague in a Womans brest or Legs.*

Take Houseleek, Smallage and Mallowes,

lowes, of each two handfuls, shred them small, then take a handful of Linseed, and bruise it finely in a Mortar, take also a handful of Oatmeal or wheaten bran, some Roses of a Rose cake, every leaf pulled from another, Sheeps Tallow one pound, shred it well, then put all these into a gallon of running water, and boil them together till they become thick, then put thereto a quart of Cowes milk, and let it boil still till it be as thick as a Plaister, stirring it often, then when the leg or brest is washed with the water aforesaid, spread the Poultice on a cloth all abroad, and lay it to the leg or brest as hot as may be suffered, and let it lye so till it be dry and hard, and then renew it, but if the leg or brest be not very hot and red it shall not need.

*A Poultice for any Swelling.*

Take of Violet leaves and Ground el, of each a handful, of Mallowes and Chickweed, of each halfe a handful; shred them smal, and let them seeth wel in running water, and thicken it with Barly meal being finely sifted, and spread it on a cloth, and so lay it on the place

pained, and bind it fast, and shift it twice a day till it be cured.

## PURGE.

### *The Manna Purge.*

Take half an ounce of the best Cene, lay it in soak in a pint and a half of Posset Ale on the Embers in a close covered pot two hours, then put it into a posnet, and put to it a Parsley root or two, one Fennel root, two spoonfuls of Anniseeds, a stick or two of Licoras scraped and bruised, a few Raisons stoned, boil all together to half, then strain it, and put into it one ounce of Manna, and four penny weight of Rubarb being grated and put in a clout, and laid in soak in the aforesaid liquor with the Manna one hour, when the Manna is melted wring the Rubarb, strain it, and put to it three spoonfuls of the Sirrup of Roses, and drink it blood warm in the morning, and eat a mess of Mutton pottage after it.

*To Purge, the Moon being in Scorpio, Cancer or Pisces.*

Michocanum two drams, which is two six penny weights, grate it with a Grater, and pound it small, steep it in a penny pot of White Wine all night, and in the morning about six of the Clock, warm it milk warm, and drink it off, and half an hour after take eight or ten spoonfuls of Mutton broth, with a few Raisons or Currans in it, and it will work downewards, and purge away moist humours causing Phlegme to breed in the body.

Of Catapusia being small seeds, you must take two and twenty or four and twenty of them in quantity, and take off the outer hul's, and beat the inner graines small in a Mortar or pewter dish, then mingle it with a little Ale, or White Wine which is best, warm it a little, and take it as abovesaid, and it wil void as the other.

And if you should at any time have any continuing Lask by occasion of Medicine or otherwise, seeth a little Rice without any salt or butter, and eat it with a little

little Cinnamon, and it shall presently stop it.

### *Another to purge Phlegme.*

Take a handful of Groundsel, wash it clean, and boil it in a pint of Ale, skim it, then put in half a handful of Raisons or Currans, and two ounces of Sugar candied, boil all together again to half a pint or lesse, then strain it, and drink it milk warme fasting at six a Clock, and fast till eleven, then take some Mutton broth.

### *Another.*

Take Elicampane roots, and make Conserves of it, use it in this manner, first wash the roots clean, then slice them in pieces as big as your little finger, seeth them in fair water until they be tender, then take them up, and pound them, and strain them through a haire sieve, then set them over the fire, and put to them the double or trebble weight of Sugar, and when it is perfectly incorporated or mingled, take it off, and keep it in a Gally pot. The time

so gather the roots is when the leafe falleth away.

### *A Dyet Drink to Purge withal.*

Take Anniseeds, Licoras, Cene, Hermodactilus, of each one ounce, of Sassaparilla five ounces, scrape away the outside of it, and bruise it a little, and cut it the length of an inch, then bruise your Licoras, and put your Anniseeds to it, and put them in a pot to steep in two gallons of Conduit or running water four and twenty hours, then boil them until a third part be consumed, then put in your Cene, and half an hour after put in your Hermodactilus, the outside being pared away, and slice them as you do a Race of Ginger, and within an hour after take it from the fire, and let it rest in the pot two hours, then strain it in a bag as you strain Hypocras, so let your first draught in the morning be lukewarm fasting, and at Dinner and at Supper what you think good, for you must drink no other Drink till that be spent.

### *A Purging Ale.*

Take of the juice of Scurvigrass foure pound, of Watercresses two pound, of Brooklime one pound, of Water Mints half a pound, of dry Wormwood four handfuls, of the roots of Madder four ounces, of the roots of Monks Rubarb three ounces, roots of Horse Rhadish one ounce and a half, the roots of Saxifrage one ounce, of Cene four ounces, of Juniper berries half an ounce, of Anniseeds, Coriander seeds and Ginger, of each six drams.

### *Another.*

Take a pint of the Whey of Goats milk, of Cene half an ounce, of Ginger clean scraped and thin sliced, Anniseeds and sweet Fennel seeds well dusted and lightly bruised, of each the weight of four pence, let them stand one hour, or one hour and half on warm embers in infusing; the next morning to a draught hereof, ut a spoonful of Sirrup of Roses, and as this agreeth with you, so take it three or four dayes together, or every other day.

*Ano-*

*Another.*

Take a pottle of the same Whey, boile therein of Betony, Colts foot and Hisop, of each one handful, and drink thereof as you have occasion.

*A very easie Purgation.*

Take halfe a pint of Malmesey, or somewhat more, and half a quarter of an ounce of Cene, and two Races of Ginger sliced, then put them both into the Malmesey, and stir it well a good while, and let it stand all night, and then strain it, and drink it, and keep your Chamber, and you shall have four or five stools.

*Another.*

Take clarified Whey, and put into it a handful of Violet leaves, and half a handful of Polipodium of the Oak called Oak fernes, and drink a good draught of it luke-warm, and wash after it.

*To procure Loosenes.*

Seeth Mallows and red Nettles in fair water, and let the party sit over the hot fume thereof.

*A Purge.*

Take Aron or Wakerobbin, one dram of the powder thereof with two drams of Sugar, is good to cut gross humours, to purge the stomack of Phlegme and Melancholy.

Or else the root either green or dry, one dram thereof being taken in drink with as much Treakle, is a very special good Purgation.

*To purge Phlegme and Melancholy.*

Fetherfew dryed into fine powder, and two drams thereof taken with Honey or sweet Wine purgeth by the stool Phlegm Melancholy, and Sadnes.

Also take Peniroyal with Honey and Aloes to purge Melancholy, and for the Cramp.

*To cleanse the Stomack from rotten Phlegm and Melancholy.*

Drink the Seeds of Hollioaks.

Also Cene the cods and leaves in powder one dram, doth purge Phlegm and Melancholy.

*To purge Phlegme and Choler.*

The great Garden Dock leaves drunk in Wine, purgeth Phlegme, Choler and Water.

*A Purging Drink.*

Take two gallons of new small Ale, and put unto it a good handful of English Madder, a handful of Dock roots bruised, two handfuls of Scurvigrasse, a handful of Scabious, two ounces of Cene, two ounces of Anniseeds, two or three sticks of Licoras finely scraped, and all those things bruised, then put them into the new Ale, and let them work therein, so let it stand two or three dayes, and then drink thereof morning and evening.

## PAINE.

*For pain in the Joints.*

Take a pennoworth of Aquavitæ, Oyl of Exeter, three ounces of Sage, of Herb grace, Clerk Robert, of each a handful, stamp them small in a Mortar, then take your Aquavitæ, and straine them together a good while, then take a spoonful thereof, and annoint the Sore place against the fire.

*For the pain under the side.*

Take the toast of a Wheaten loaf, and butter it, and toast it again, and butter it twice more, then toast it againe and butter it with Soap, and hold it against the fire till it lather, then lay it to the side where the pain is.

*For paine in the side that cometh of Wind.*

Take one handful of Cummin seeds, as much of Aniseeds, two handfuls of Rue

Rue, seeth these together in running water from a pottle to a quart, put to it half a pint of White Wine Vinegar before it be cold, dip a Spunge in it, and wring some of the liquor out of it, and lay it to the Patients side as hot as may be suffered, and when it beginneth to wax cold take a new.

## POISON.

*For the Poison of a Toad, or other Poison.*

Take a handful of Plantane, and a handful of Parsley, and stamp and strain them into a little raw Cream, and mingle it well together, and annoint the place grieved therewith.

## PISSING.

*For pissing a bed.*

Take a Boares pisle, and dry it, and make powder of it, and drink it in Ale or Beer.

POCKS.

# POCKS.

## *A Medicine for the Small Pocks.*

Take two handfuls of Salt, and put it into a pint and halfe of water, and stir it well together, then set it upon the fire and let it boil well, and in the boiling you must skim it, so that there be not any skum seen, and when the Small Pocks are come well forth, and that the Swelling doth asswage, you must take a fine cloth, and bath them with this Brine, being warme, three times a day: And when they begin to grow brown, use this Oyntment, take a piece of Bacon, and roast it upon a spit, and set a dish of fair water under it, putting thereto some Rose water, and let the Bacon drop into it as it doth roast, and when it is roasted, take the dripping and the water and work it well together, and it will be a very white Oyntment, then put it into a Gally pot, and twice a day annoint the places with a feather, but in any case lay not on too much, for that will make them

them moist, and make them stay on the longer.

*Another to take away the Redness.*

Take fair water in a Posnet, and put thereto half a pound of Butter, then set it on the fire, and let it boil softly, and skim off all the froth very clean, then take it off the fire, and let it stand till it be throughly cold, then powre the water from it, and put it in clean water, and set it upon the fire again skimming it very clean, and do this nine times together, but every time your butter must be cold before you put it into a new water, and the last time being very cold, take it clean away from the water, and put Rosewater to it, and work them very well together, and put it up into a Gally pot, and with a feather twice or thrice a day annoint the redness of the face; and if these Medicines be used as they should be, it will take away the redness, and make the face not to have any holes in it.

For

*For the Small Pocks in the Eyes.*

Take red Rose water, white Sugar candied beaten very fine, and brest milk, and temper these very well together, and with a feather dresse the eyes, and it will keep them from the Small Pocks. If it be for a man, you must take the milk of a Girle; if for a woman the milk of a boy.

*For the Small Pocks or Meazels.*

When the Pocks are white at the first coming out, let a woman (that gives suck) milk some of her milk upon them, and apply a paper thereupon and do this every day, and they will not pit.

Also take a new laid egge, and it in fresh butter, and then poure it into cold water, and being cold put it into a pot, and put Rosewater thereunto, and stir it so long till it become like an Oyntment, and with it annoint the face, and the eyes especially, and it will preserve the sight from the Pocks; and when as any one hath Pockholes, annoint them with

with Barrowes greaſe betimes, and it will help.

Alſo for them that have the Small Pocks falne into the eyes, let them take Pimpernel and ſtamp it, and ſtrain it, and take the juice thereof and drop it into the eyes where the Small Pocks are with a feather morning and evening, this is a ſpecial good Medicine for a Pin and Web or Pearle in the eyes.

Alſo for the Small Pocks or Meazels take Dragon root, it purgeth all the inner parts, or the diſtilled water given to drink with Treakle is very good to drive them out.

Alſo Figs eaten before meat, provoke ſweat, and thereby expel all ſtinking humors, and therefore are good for the Meazels or Smal Pocks, and to be given to Children to bring them out ſpeedily.

Alſo an excellent Medicine to drive them out, ſeeth Fumetory in Rue water, and drink it.

Alſo to heal the Pocks or any Scabs, ſeeth Houndſtongue in Red Wine, and drink thereof, and alſo apply it to the Sores.

Alſo to drive out the Smal Pocks, drink

drink a ſpoonful of Sallet Oyl with three ſpoonfuls of Malmeſey, and the quantity of a Haſel nut of Treakle in it.

Alſo to take the print of the Small Pocks out of the Sore, take one ounce of Sperma Ceti, and as much Deers Suet, and melt them together, and when the Small Pocks are ripe, annoint the face therewith with a feather, and if the Pocks be in the throat, then give the Patient a little Sirrup of Blackberries, ſuch as grow upon Briars, but take them when they are red, and pound them, and ſtrain them, and put as much Sugar thereunto as there is of the juice, and ſeeth them together till they be boiled away to the one halfe, then give the Patient a little in a ſpoon three or four times in a day, and that by Gods help will cure them; and the very like may be done with Gooſeberries before they be too ripe, and theſe may be taken and made into Sirrup, and kept ſeven yeares if you will.

*A Drink to put out the Small Pocks.*

Make a Poſſet with Ale and milk, and take

take away the curd, then take a red Fennel ſpout, and boil it well together, then ſtrain it, and put thereto a quantity of Nutmegs and Treakle, and Engliſh Saffron mingled warme together.

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## QUINZIE.

*For the Quinzy.*

TAke milk and a flint ſtone, and make it red hot, and quench it twice in the milk, and take Vervain and Collombine leaves, and ſeeth it in the milk, and fine Honey, and ſo give it to the Patient to drink,

*Another.*

Take the paring of the threſhold and Sallet Oyl, and fry them together, and lay it warm to the Patients throat.

RAINS

## RAINS.

*An excellent Medicine for the running of the Rains.*

TAke a good handful of the inner rind or bark of the Sloe-bush, the outermost black skin or rind being cut or scraped away; then put the same into a quart of the purest and strongest Ale you can get, and let the same boil well from a quart to a pint, when it is so boiled, take the rind out of the Ale, and let it stand until it be cold, then divide it into two parts, and drink it two mornings together, and fast after it every morning two or three hours. *Probatum.*

*For the Raines of the Back.*

Take half an ounce of Venice Turpentine, and let it be wel washed in Plantane Water or Rose water, and then mix it with

with fine white Sugar, and make thereof four or five balls, of which you must eat three in a morning fasting, and drink White Wine or Rhenish Wine immediately after.

## RHEUME.

*A good Medicine for the Rheume distilling down the throat, and causing pain in the Teeth.*

Take two handfuls of Hisop, strip it from the stalks, rowle it in a brown paper somewhat wet, then lay it to roast under embers until it be roasted very soft but not burned, then take it off, and lay it upon a linnen cloth, and so lay it upon the mould of the Head as hot as may be suffered, and so put it fresh three or four times, letting it lye from the evening to the morning.

*For the Rheume distilling into the Eyes or Lungs.*

Take of Rosemary, red Sage, sweet Marjerom, of each a handful, of Betony

half a handful, seeth them in a quart of Balme Water until it cometh to a pint, then strain it, and make up the Decoction with Sugar, and for the Lungs you must put in some Hysop, and a few Anniseeds and Licoras before you boil it.

*An approved Receipt to be Drunk first and last for a Months space, good for Rheums and Aches.*

Take of Licoras one ounce, of Cassia in the Cane, and Cena Alexandrina of each four ounces, sweet Fennel seeds one ounce, Madder roots two ounces, of large Mace ten pence in weight, of Cinnamon fourteen pence in weight, Hermodactilus three ounces, of Polipodium three ounces, of Coriander seeds three ounces prepared, two or three yellow Dock roots, use but the rind; a good hand ful of Scabious, a handful of Egrimony; All these are to be used thus, the Polipodium scraped, the Licoras scraped and bruised, the Madder roots scraped and sliced, the Hermodactilus sliced, Mace bruised in a Mortar with the Cinnamon and Licoras.

Then

Then put all these Simples together in a bag, with a pound weight to cause it to sink, but let it not touch the bottom, then tun four gallons of good Ale, and about a week after you have tunned it, drink thereof first and last and continue it a Month or six weeks together.

### *For a Rheume in the Head.*

Take the roots of white Beets stamped and strained, and put the juice of them into a glass, and snuff up thereof into your nose with a quill every morning twice in a Month, and it will help.

### *Of Rheume.*

Rheume is nothing else but a defluxion that falls from the head into the throat or brest, which doth otherwhiles so stop the pipes of the Lights and throat that its ready to choak, also these Rheumes fall into the nose, and cause the pawse.

These Rheums are caused divers waies; as from gross meats which cause vapours,

or of cold, or from a sharp North wind which bloweth suddenly after a South wind.

The cold Rheumes are knowne by these signes following, as wearinesse, heavinesse of the whole body, sleepinesse, heavinesse of the head and forehead, paleneſse with full vaines, stuffing of the head or nose, swelling of the eyes, pain in the throat, motion to vomit, swelling of the Almonds; the Remedy, is to use dry and warm Herbs, as Sage, Fennel, Mints, Rosemary, Marjerom, Time, *&c.* and after meat use something to close the stomack, as prepared Coriander, toasted Bread, *&c.* and walk in a morning fasting.

Hot Rheume, the signes thereof are these, *viz.* the face is red, mixt with a pale or black colour, great heat in the nose with itchings, when the mouth and the throat is full of bitternesse and sharpnesse, and if the head be hot in feeling, its thus to be cured, he must be let blood, and use this Gargarism.

Take Sirrup of Jaunbes, of Violets and Poppy seeds, of each alike, temper them with Barley water: Or take Jaunbes, Sebestians, Violets, white Poppy seeds and

and Quince kernels decocted in Barley water, use it in the evening after meat, it is passing good.

Also take Sirrup of Poppy seeds, Sirrup of Mulberries, of Roses, and well water of each three ounces, of Wine of Pomgranats one ounce, make it warm, and gargle therewith.

## RICKETS.

### *For the Rickets in Children.*

Cut the middle griſtle of both the ears, and with the blood annoint the belly and the Navel with a little Cotton wool, then boil Harſtongue and Liverwort in Milk or Broth for their uſual Dyet.

### *Another.*

Take Bay berries bruiſed and ſweet Marjerom, of each a handful, and boil it in Beer, with three or four blades of Mace, and ſo drink it often.

*Another.*

When the former will not help, take Fennel seeds and Dill seeds, of each alike, but most of Dill, boile them in Beer and strain it, and sweeten it with Sugar and drink often. *Probatum.*

## RUPTURE.

*A Plaister to keep up the Rupture,*

Take Knotgrass and Shepherds Purse, of each one handful, of Comfrey and Solomons seale, of each half a handful, beat them into an Oyl, and thereof make your Plaister. This Oyl will be preserved all the year in a Gally pot.

*A Drink for the Rupture.*

Take long Plantane, Yarrow and Knotgrass of the redest colour, of each a great handful, Daisie roots, Dove-foot, Mousear and Borage, of each a small handful, wash them very clean, and shred them grosse, then take three quarts of

of milk, and two quarts of White Wine, set the milk on the fire, and when it doth seeth put in the Wine, and as the Curd ariseth take it away, and being clean, put in the Herbs, and let them boil gently a quarter of an hour, then take it off and straine it; and preserve it in Glasses, and let the Patient drink thereof in the morning fasting, and so in the evening almost a pint at a draught, and do so one week.

*Another.*

Take Comfrey roots, Daisie roots, and Pollipodium of the Oak, make them into fine powder, and drink thereof every morning the weight of six pence the space of a fortnight, fasting an houre after it.

*For the Rupture in Children.*

Take Frankinsence half an ounce, Aloes a quarter of an ounce, beat it small and mix it with the white of an egg unto an Oyntment, and therewith annoint the child upon his Rupture morning and evening.

Also take the root of Aron halfe a pound in powder, and give thereof unto the child every day for nine dayes together, one dram with water of Parfoliata, and tye the Rupture with a Boulster close upon it, and unto it.

## RESTORATIVE.

*A Restorative.*

Take Treakle, Sallet Oyl Sugar candied, Cinamon, powder made with Licoras and Sugar, of each a penny worth, mingle all these together, and take a quantity thereof as much as a Nut both morning and evening.

*Another.*

Take a quantity of Ale or Beer, and put therein over night three or four sprigs of Rew, and drink thereof evening and morning for a good space, and it will keep your stomack in good order.

*A restoring Medicine for any decay of the inner parts.*

Take Live Honey, and put thereto tops of Balme, Cowslip flowers, Borage flowers, Bugloss flowers, and tops of Gilly flowers, and let this remain in the Honey the space of a Month, stopping the pot very close that no aire come in, let it stand all the said time in some warm place, either in the Sun or by the fire side, then distil it in a glass Still, with a little water, and drink thereof every morning a good draught.

*A Restorative made of an Herb called Ros solis.*

This Herb groweth in the Meadows in low Marish grounds, and in no other places; it is of Horseflesh colour, and groweth very long and flat to the ground with a main long stalk growing in the midst of six branches springing out of the roots round about the stalk with a hoar colour, and a main breadth and length; and I do warn you in any wise not to touch this Herb when you gather it, with

your hands, for then the vertue is gone: you must gather it by the stalk, and so pluck it out of the ground; and put it in a glasse or pewter pot; the leaves of this Herb are full of strength and vertue.

Take of this Herb as much as will fill a pottle pot, but wash it not in any wise, then take a pottle of Aqua vitæ, and put them both together in a large vessel, and let it stand (being chopped) just three dayes and three nights, and on the fourth day strain it through a clean cloth into a glasse or pewter pot, and put to it half a pound of Licoras beaten to fine powder, and half a pound of Dates, take out the stones of them, and cut them into fine slices, and mingle all these together, and stop the glass or pewter pot close that no Aire come into it, and drink of it at night to bedward half a spoonful with Ale, and as much in the morning fasting, for there is not the weakest man or body in the world that wanteth nature or strength, or that is cast into any Consumption, but it will restore them again, and cause them to be strong and lusty, and have a marvellous hungry stomack, and that very shortly; for he that useth this Medicine three

three times shal find a great change, and comfort in it, and as he feeleth himself, so he may use it.

It cured one Mr. *Stubbs* who dwelt in *Westminster*, and was in a great Consumption, and very neer unto death, being sick continually for eighteen weeks, and all the Physicians in *London* had forsaken him; and these things were sent him to drink from an outlandish man, and in three times drinking of it he walked upon his feet.

## RULES for Health.

*A very good Rule for Mans Health, to be used in every Month of the Year, written* 1607.

In January use no Physick but warme clothing, eat warm meats, and drink White Wine fasting, it is wholsom.

In February forbear Physick and letting of blood, take no cold for fear of Agues, which are easily gotten.

In March forbear grosse feeding, purge by Potions, Bathing or Blood-letting.

In

In April Physick is good upon occasion, except Nature wil remedy of it self.

In May rise early and walk in the fields with a light breakfast, and use Physick upon occasion.

In June, if Physick, take it early in the morning with small dyet; clarified whey with cold Herbs is very good.

In July use cold herbs, cold meats, no Physick, no extreme exercises, use Rivers rather then Bathes.

In August use moderate Dyet, beware of surfetting or cold after heat for fear of Plurisies, sleep not in the day.

In September use Physick if need require, and bathe or bleed, and use fruits if they be sound and ripe.

In October use hot meats and drinks to nourish blood, and beware of cold for fear of Agues.

In November use hot meats and drinks and wholsome Wine, provide warm clothing, and go dry foot.

In December use none but Kitchen Physick and warm clothing, use merry company, and good Hospitality.

SALVE.

## SALVE.

*To make an especial good Salve.*

TAke Sallet Oyl one ounce, fresh and unwasht Butter one ounce, Sheeps Suet one ounce, Virgin Wax one ounce, Rosen beaten to very fine powder four ounces; Mastick four drams beaten very fine, Olibanum one ounce beaten to very fine powder, honey half an ounce, boil them all together till they come to six ounces, and then put it into a Gally pot, and put thereto some reasonable quantity of Venice Turpentine.

*To make a very good Balsam.*

Take half a pint of the best Aqua vitæ, a quart of the best Wine Vineger foure ounces of Storax, Mirrh one ounce, Galbanum one ounce, Gum Dragon one pound, eight grains of Musk, as much of Ambergreece, three pound of the best

beſt Sallet Oyle old and ſweet, half a pound of Oyle of Lawrel of the beſt, Oyl of Spike one ounce, Oyle of Hypericon and Oyl of Juniper berries, of each two ounces, Oyl of Peter one ounce, half a pound of Virgin Wax, four ounces of red Saunders, and a quarter of an ounce of Saffron.

*An approved Salve for any Greene Wound.*

Take a pound of Butter, half a pound of Sheeps Suet, a penny worth of Roſen of Frankinſence and Turpentine, of each two penny worth, boil all together a good while except the Turpentine, for that muſt be put in afterwards, and boil but little, then ſtrain it into a Baſon of fair water, and then ſtrain it out for your uſe.

*A white Salve to heal a cut or green Wound.*

Take a quantity of Mutton Suet, and almoſt half as much Roſen, ſhred the Suet very ſmall, and melt it on a ſoft fire, and when it is well melted, beat the Roſen, and put it in, and let it boil together,

gether, ſtirring it continually till it be cold.

*To make an excellent Salve.*

Take the roots of Marſh Mallowes, waſh and pick them clean, then ſlit them and take out the inner part of the pith, and caſt it away; and take the outer part that is faire and white, and cut them into ſmall pieces, bruiſe them in a Mortar, and take of them half a pound, and put it in a new earthen pan; and then put thereto Linſeed and Fenicreek of each two ounces a little bruiſed in a Mortar, then take Malmeſey and White Wine of each a pint, and ſtir all theſe together, and let them infuſe two or three dayes, then ſet them on a ſoft fire, and ſtir it well till it wax thick and like a skum, then take it off, and ſtraine it through a new canvaſs: and thus have you ready the Muſtellage for Plaiſter; Then take fine Oyle of Roſes a quart, and waſh it well with White Wine and Roſe water, then take the Oyl clean from the water and Wine, and ſet it on the fire in a braſſe pan alwayes ſtirring it, and put thereto Littarge of Gold and

Silver

Silver, of each eight ounces, Cerus six ounces, red Coral, Bole Armoniack, and Sanguis Draconis, of each two ounces, and let them be finely powdered and searsed, then put them into the Oyl over the fire alwayes stirring it, and let not the fire be too big for burning of the stuff, and when it begins to wax thick, put in ten ounces of the aforesaid Mustellage by a little at ounce, or else it will boil over the pan, and when it is boiled enough you shall perceive by the hardnesse or softnesse of it, dropping a little of it on a sawcer or cold stone; then take it off, and when it is cold, make them in Rolls, and lap them in parchment, and keep them for your use. This Plaister resolveth humors in swolne legs.

*To make a Salve for all manner of Wounds.*

Take the juice of Smallage and Plantane, of each alike, honey and the white of an egge alike, put Wheat flower to them, and stir them till they be thick, and let it come to no fire at all, and so lay it

it to the Sore, and by Gods grace it will heal it.

*A good Salve for greene Wounds or old Sores.*

Take half a pound of Sheeps Suet, as much Barrowes greaſe, as much Wax, as much Roſen, and a pint of Sallet Oyl, ſet them all on a ſoft fire, and when they be melted, put in the Roſen finely beaten, boil them all together and skim them, then put in two pennyworth of Verdigreaſe, and laſt of all two ounces of Turpentine, and ſo let them boil a walm or two more, then take it up and keep it for your uſe; if it be an old Sore, put four pennyworth of Verdigreaſe, and three ounces of Turpentine,

## SCIATICA.

*For the Sciatica.*

Firſt take as fat a Gooſe as you can get, and when ſhe is ready dreſt, then take a couple of the fatteſt young ſucking Cats you can get, and flea them, and cut

cut them into gobbets, and put them in the belly of the Gooſe, and ſo roaſt it as long as it will drop, then take the liquor and annoint the place pained with it, and bathe it before the fire as hot as you can ſuffer it, and dip a brown paper therein, and lay it hot to the place with warme cloathes to keep it faſt to all night. Do thus for the ſpace of three or four nights together.

*For the cold Sciatica or benummeſſe of the Thighs or Legs.*

Take a pint of Aqua vitæ, a pint of Wine Vinegar, a quarter of a pound of Oyl of Bayes, the juice of four or five handfuls of Sage, a Sawcer full of good Muſtard, the Gall of an Ox bladder, and chafe them in the bladder, an hour or more, that the Oyl may be well mingled with the reſt, and anoint the place therewith againſt a good fire, and let the Patient go warm into bed and ſweat. *Probatum.*

*A Soveraigne Medicine for the Sciatica.*

Take half a pint of Aqua vitæ, halfe a pint of White Wine Vinegar, and one Oxe Gall, almoſt a handful of Bay ſalt, and a handful of the tops of Roſemary, and ſhred them very ſmall, and put them in a little Pipkin all together, and let it be ready to boil up, and then take it off, and chafe the place pained with it, with your hand ſo long as the Patient ſhall be able to endure it, and do it very warm againſt the fire, and then take Nerve Oyle, and annoint it, and then take a Scarlet cloth, and bind it up or cover it warm, and this do morning and evening.

## CERECLOTH.

*To make a Cerecloth.*

Take Virgin Wax, Deers Suet, Roſen, Pitch, and Barrowes greaſe, of each alike, and boil them together until they be half conſumed, then do it abroad upon a lin-

a linnen cloth somewhat thin, and lay it to the place grieved as hot as may be suffered.

*A singular Cerecloth for all Bruises, Aches and Wounds whatsoever.*

Take a pint of Sallet Oyle of the best you can get, and half a pound of red Lead, and as much Rosen as a Walnut, boil all together upon a soft fire till it be somewhat black, stirring it continually, and when it is cold rowle it up, and keep it for your use. You may keep it seven years, and it will be exceeding good if you keep it from the heat of the fire. *Probatum.*

*To make a Cerecloth for an Ache.*

Take Olibanum and Sallet Oyle with Wax, Rosen and Stone Pitch, and boil them together.

*A Cerecloth for all Members that be out of joint or any consuming member and grieved with cold moistness that consumeth, it bringeth the Member again to his natural place.*

Take six ounces of Wax, three ounces of Rosen, two ounces of Mastick, Armoniacum, Galbanum and Olibanum of each one ounce, of Fenicreek, Wormwood, Camomile and Cummin, of each of these in powder one ounce, Oyl of Castorum and Oyle of Camomile flower: of each one ounce, of Vinegar five ounces; melt the Rosen, and Wax, and the Oyles together, and then put in the Galbanum and Armoniack steeped in Vineger and strained, and so put in the powder last of all, stirring it together, and thereof make your Cerecloth.

*To make a good Cerecloth.*

Take one pound of Galbanum finely beaten to powder and searsed, as much fine Rosen beaten and searsed, as much Pitch, of Sheeps Suet four ounces, of Cummin

Cummin two ounces, Labdanum one ounce, of Cloves one ounce, of Mace one ounce, of Saffron half an ounce.

## SORE.

### *For a new cut or Sore.*

Take Brimstone and scrape it fine and mingle it with May butter, and annoint a Tent or a little lint throughly, and put it into the Sore or Cut, and it helpeth.

### *To dry up and to heal a Sore.*

Take the burned Ashes of a Rhadish and strew it upon the Sore, and it will dry and heal.

### *To break a Sore that is swoln.*

Take Spurge and shred it small, and boil it in Whey, and thicken it with Oatmeal, and lay it warme to the Sore, it is also good for a womans brest.

Also for the breaking of a Sore or Boil, take Coriander seeds made into fine powder

powder, and mix it with Honey, and this being implaistered upon a Boil or a Carbunkle will in a short time destroy it. Or take a little of a Calves curd.

## STONE.

### *A Water for the Stone.*

Take Ashen Keyes, Stitchwort, Saxifrage, Mother-time, Broom flowers, Hawes, Hips, Bramble leaves, Pollipodium of the Oak, Pellitory on the wall, put all these together of each alike, and Still them, then to every pottle of water put half a pound of Annifeeds, and so let them stand four and twenty hours, then put them into the Still again, and still them all together, then drink of it as you need, and if it happen that the gravel come too fast and will not avoid, then stil Ivy berries and Parsley, and drink two spoonfuls of it, and it will avoid the stone if it be never so great.

*A present Remedy to avoid the Stone.*

Take a handful of Pellitory on the wall, a handful of Parsley, and a handful of Parsley seeds a little bruised, boil these things in a quart of White Wine until a third part be wasted, then strain it, and wring into it the juice of a Lemmon or two, then with this Wine and some milk make a Posset as clear as you can, and drink thereof a good draught twice or thrice a day, but not with meat, nor when the stomack is empty from meat.

*When the Stone is avoided and the pain ceased, to preserve you from the like again, make a Broth, and break fast three dayes every Week thus.*

Take a Chicken or a piece of Veal, three young Mallowes, Marsh Mallows are the best if you know them, one handful of Violet leaves, or of Mercury, or of Pellitory of the wall, one handful of Apothecary Barley scalded, half a handful of great Raisons stoned, boil these in water until the meat be enough, then take of this broth, without thickning or season-

seasoning with a little Sugar, three hours before dinner.

*For the Stone, and to provoke Urine.*

Take a quantity of Normandy glasse being clean without rust or canker, burn it in the fire a good space, then beat it in a Mortar, then take an old Cambrick cloth, and sift it very fine, and give the Patient a spoonful or two of the same powder to drink in Malmesey, being pained, and it will help by Gods grace, *Probatum.*

*An approved Medicine for the Stone.*

Take a gallon of new milk from the Cow that is all red, and thereinto put one handful of Pellitory of the wall, wild Time, Saxifrage and Parsley, of each a handful, two or three Rhadish roots sliced, steep all these in milk one night together, and in the morning distil them with a moderate fire, then take of that Water six spoonfuls, and six spoonfuls of Rhenish or White Wine, and a little Sugar, and some slices of Nutmegs, make it luke-warm, and drink it fasting,

and fast after it three houres, using temperate exercises. Take this two or three dayes together every fortnight or oftner if need require. The best time to distil this Water is towards the end of May.

*For the Stone.*

Take two or three unset Leeks, and stamp them, and strain them, and drink it in Malmesey in the morning, strain as much as the Patient will drink at twice; after this, to bedward take some Sack and Sallet Oyle, and beat it, and drink it hot, that will make the Stone slide.

*A present Remedy for the Stone in the back or Bladder.*

Take Saxifrage, Philippendula, Peniroyal and Parsley seeds, and stamp them together, and strain them into a cleane Vessel, and let the Patient drink thereof with racked Rhenish Wine. *Probatum.*

A

*A Medicine for the Stone.*

Take Ivy berries, and stamp them wel, and put it in White Wine, and give the Patient to drink thereof, and let the Patient make Water through a cloth, and you shall see the avoiding of Stones and Gravel.

*For the Stone.*

Take Foxes bloud and Hares blood of both alike quantity, and dry them in an Oven, then beat it to powder, and seeth it in a little White Wine, and drink it as warm as you can suffer it.

*To make a Glister for the Stone.*

Take a good handful of Mallowes, as much of Camomile, and as much Pellitory of the wall, three or four crops of Herb-grace, a quantity of Beets, and a quantity o Mercury, one ounce of Coriander seeds, one ounce of Cummin seeds, bruise the seeds and seeth them and the Herbs all together in a pottle of running water, and let it seeth till halfe

be consumed, then strain it, and take three spoonfuls of Sallet Oyl, and three spoonfuls of Honey, and half a handful of Bay salt bruised, so put it into a Glister pipe and use it.

*For the Stone.*

Take the inner bark of Elder, and seeth it in Beer or Ale til it have a good strength of the Elder, then strain it, and drink it morning and evening, and it will break the Stone.

*A very good drink for the Stone.*

Take a pint of White Wine, and half a pint of Ale, and make thereof with milk a pottle of posset drink, and take away the curd very clean, and boil in it two or three roots of Mallowes, Marsh Mallowes are the best, and some Licoras till a quarter be boiled away, then drink half in the morning, and the rest at night.

*For the Stone or strongurion.*

Take half an ounce of Anniseeds, a quarter

quarter of an ounce of Licoras, Calamus Aromaticus, French Gallingal, Mirrh, Gum Arebeck, Gum Traganthum, Diatria Papira, or Piperion, Pine Apple kernels, white Orris roots, Storax, Benjamin, Cipresse and Labdanum, of each a small quantity, then beat them all together, take also half an ounce of large Mace, white Archangel, Mead Parsley and Garden Parsley, Camomile, Mallowes, Fennel and Spiere Mint, of each halfe a handful, then take three quarts of White Wine, and put them together in a brasse pot or a Posnet, and boil them a pretty while, then take it off, and strain it through a cloth, and put it in earthen vessels, and keep it cool it will drink the better, and take six spoonfuls morning and evening for three dayes together when you find your self ill, and do not foreslow the taking of it. *Probatum.*

*A Plaister to apply to the side for the Stone.*

Take Mallowes, Herb grace, Pellitory of the wall, the green tops of Fennel and Camomile, of each two handfuls, seeth

them in water till they be tender, then presse out the water from them, then stamp them very small, and put in Oyle of Lillies, Oyl of Camomile, Oyl of Dill, Oyl of sweet Almonds, and Oyle of Scorpions, of each one ounce, let them boil on a Chafingdish and cools a good while, then put to it as much wheat flower as wil make it thick like a Plaister, spread it between two cloths, and apply it to the Patients side as hot as may be endured.

*For the Stone.*

Take the weight of a French Crown of Pulvis Hollandi, drink it in a quantity of White Wine, stirring it well in the cup that it may not curd, drink it in the morning betimes, or at what time the Patient pleaseth keeping himself warme in his chamber all that day, for it will give him three or four stooles, and drink some warm broth after it, and use this once a Month.

*More belonging to the former Medicine.*

Take once a week after the former, eight

eight spoonfuls of Deal Wine, and eight spoonfuls distilled from the berry of the Hawes, make it sweet with Sugar, and slice half a Lemmon into it, and some sliced Ginger.

*For the Stone in the Kidneyes.*

There is great pain in the raines of the back, which draweth downwards; stirring encreaseth the pain, they are much inclined to vomiting, the body is bound, Urine raw and watrish, often provoking to pisse, but not without pain, the Urine avoids with gravel, sand and slime, yea sometimes mixt with blood.

To know it from the Chollick, first its not so sharp as the paine of the Chollick.

Secondly, The Chollick doth appear beneath on the right side, and stretcheth from thence upwards towards the left side, but the pain of the Kidneyes begins above, and stretcheth downwards, and a little more towards the back.

Thirdly, the pain is most of the Kidneyes fasting, the Chollick otherwise.

All Saxifrage and other things good for the Stone, are good for the Kidnies,

but not for the Chollick.

Lastly, there is found in the Urine gravel or sand, and not in the Cholick or pain of the guts.

*To restrain the growing of the Stone or Gravel.*

Take Turbith one dram and an half, Hermodactilus one dram, Diagridy six graines, Salt of India two grains, Ginger half a scruple, Annis and Mastick, of each three grains, Sugar Pellets one ounce, white Sugar half an ounce, steep them together in three ounces of Water of Smallage or Maidenhair all night, and wring it out well, and drink it; if the matter be in the stomack, then take a Vomit that it run not towards the Rains. This Vomit may be made of reddish Orange seeds, the middlemost rind of Elder and Nux Vomica.

SIRRUP.

## SIRRUP.

*To make a Sirrup for one that is short winded.*

Take a good handful of Hisop, a handful of Horehound, and seeth them in a quart of running water to a pint, then strain it through a fair cloth, and put in Sugar to make it pleasant. Use this morning and evening with a Licoras stick some three spoonfuls at a time.

*To make Sirrup of Roses.*

Your liquor must be ready to seeth, then put therein as many Roses as will be well steeped in the same water, and cover it close, and when the Roses be throughly white, then strain it, and set it on the fire again, and so you must use it thirteen times, and to every pint of your water or liquor you must put into it a pound of Sugar, and let it stand together for the space of one night steeping, and skim it clean, and seeth it over a quick fire a quarter of an hour, then

take the whites of egges, and beat them well together, then take the pot off the fire, and put into it the whites of your egges, and then set it on the fire again, and let it seeth a good space, then let it run through a Jelly bag, til it will stand still upon your nayl.

*To make a comfortable Sirrup.*

Take a handful of Egrimony, and seeth it in a pint of Water till half be consumed, then take out the Egrimony, and put in a good handful of Currans, & seeth them till they be ready to break, then strain them, and make a Sirrup of them, then set it on a chafingdish and coales, and put thereto a little white Saunders, and drink it either hot or cold.

*Sirrup of Sugar candied.*

Take Sugar candied, and put it into a clear bladder, and tye it, but so as it may have some vent, then put it into a bason of water, so that the water come not over the top of the bladder, and cover it with a pewter dish, and let it stand all night, and in the mor-

ni

ning take of it with a Liceras ſtick.

*Doctor* Deodates *Scorbuttical Sirrup.*

Take of the juice of Garden Scurvigraſs, Brooklimes and Watercreſſes, of each ſix ounces, and after it hath ſtood till it be clear, take ſixteene ounces of the cleareſt, and of the juice of Oranges and Lemmons, of each four ounces, make it to a clear Sirrup with ſo much fine Sugar as will ſerve the turne.

## STRAINE.

*For a Strain.*

Take of Elland leaves, Sage, Fennel, Fetherfew and Mallowes, of each a handful, and ſeeth them in thick milk till the milk be almoſt conſumed, and then lay it to the place very warm.

SUP-

## SUPPOSITORY.

*To make Suppositories for such as be bound and costive.*

℞ Take English Honey, white Soap and some Salt mixt together, and fryed, then make a roul or peg thereof, and put it in the Fundament, it will make the Patient go to stool within an hour and a half, for so long or until it work, he must keep it in his body.

*Another.*

℞ Take a long piece of Coperas, being white, and smooth it, and annoint it with some butter, and so minister it to the Patient, and let him keep it in his body an hour and half, if it work not before, and he shall find great ease and help. These kind of Suppositories will serve twice or thrice at the least.

SINEWS.

## SINEWES.

*A good Medicine for Sinewes that be shortned or shrunk.*

Take the head of a black Sheep, Camomile, Barly, leaves of Sage, of each one handful, and bray them together in a Mortar, and then boil them all together till they be well sodden, then let it stand to cool, and then draw it through a Strainer, and lay it on the place grieved, and by Gods grace it shall soone amend.

*For shrinking of Sinewes.*

Take Hogs dung and half a pound of Oyle of Roses, seeth it in a new earthen pot, and apply it as hot as you can endure it.

*The Composition of a Cerot to mollifie Sinewes and Joints that have been long displaced.*

Take the leaves of Mallowes cleane picked

picked from the stalks eight handfuls, of Gentian three handfuls, of Archangel one handful, then take of Oyl Olive a pint, of Oyl of Roses, Oyl of Camomile and Oyl of Dill, of each half a pint, boil all together, and in boiling of them, strow on one ounce of Annisseeds, and one ounce of graines beaten into fine powder, and when they be well sodden, beat them in a Mortar with yolks of eggs.

*For a Sinew that is strained.*

Take Groundsel, Brooklime, Fitch, Bruisewort, Nepe, Petty Morral and Hemlock of each alike, stamp them, and boil them in a pan over the fire, and lay it to the Sore as hot as the Patient may suffer it; and it will ease the aking and swelling, and heal it in a little space.

*For Sinewes that be shrunken or grown together.*

Take the water of shell Snailes and Shoomakers Oyl, of each alike, and temper them wel together, then take new Snailes and seeth them in running water, and

and gather off the Oyle and put it to the other Oyle; and temper them well together.

## STOMACK.

*For the pain in the Stomack.*

Take Mackerel Mints two handfuls, and of sowr leaven one handful and an half, stamp them very small, and put to it a good quantity of Mace beaten to fine powder, and so much Wine Vinegar as shall incorporate all into a liquid paste, which you must spread upon a linnen cloth; apply it warm to the Stomack twice a day.

*For heat in the Stomack.*

Take a pint of stale Ale, and half a pint of Endive Water, and put thereto as much Sugar as will make it sweet, then set it on the fire, and skim it clean, then take a piece of a white loaf as much as an apple, the crust taken away, and three or four whole Mace, then let it seeth one walm after, and then take and drink

it

induke warm (the bread taken away) whensoever you feel the heat in your stomack.

*To make one have a stomack to his meat.*

Seeth Centory in fair water, and let the Patient drink it luke-warme fasting, three dayes, each day three spoonfuls, it purifieth the stomack and brest also.

*A good Powder to digest well.*

Take Centory and Pellitory of Spain, Anniseeds, Licoras, Grains of Paradise, Ginger and Cinnamon, of each alike, beaten and searsed into fine powder, and drink thereof morning and evening half a spoonful in Wine or Ale.

*To make Hipocras for a weak Stomack.*

Take a pint of Aqua vitæ, and put it in a glass, then take two ounces of Cinnamon and one ounce of Ginger, of Cloves and of Graines, of each two penny worth, of Nutmegs one Penny worth, beat them all together, into grosse powder,

der, and put them all into the glasse to the Aqua vitæ, and shake it very often for nine dayes together, and then drink it with Wine or Ale, half a spoonful or a quarter with halfe a pint of Ale.

*To cleanse the Stomack from rotten Flegm and Melancholy.*

Drink the seeds of Hollioaks.

Also the cods and leaves of Cene in powder, one dram taken with broth of a Chicken or Mutton, doth purge phlegm and Melancholy.

*For a cold and stopping in the Stomack.*

Take one handful of sweet Marjerom, a few Marigold flowers, a penny worth of Caraway Comfits, a penny worth of Parsley seeds, two penny worth of Dates, a half penny worth of Raisons of the Sun, boil all these in a quart of White Wine till halfe be boiled away, then put in two ounces of brown Sugar candied, and a little Mithridate.

SHIN-

## SHINGLES.

*For the Shingles.*

Take the green leaf of Colts foot stamped and mingled with Hony and apply it, and it will help.

## SPOTS.

*To cleanse the skin from all scars and spots.*

Make balls of a little bigneſſe of the juice of the inner parts of a Pumpkin and bean flower, dry them in the shadow and wash therewith before the fire.

## SWELLING.

*For a Swelling.*

Take two handfuls of Wheaten meal, and a pint of Cow milk, and a handful of Rue, and shred it small with a spoonful of freſh greaſe, and boil them all together.

gether till they be thick, then lay it on the swelling.

*For Swelling in the Legs.*

Take a handful of Archangel, a handful of red Fennel, and two handfuls of Mallowes, and a handful of Brooklimes, then seeth all these Herbs together in a gallon of running water to a pottle, then bathe the leggs with the water hot, and lay the Herbs on.

*For all Swellings and Wrenchings, &c.*

Take a pint of Milk, Oatmeal, dryed Rose leaves, Mellilot flowers, of each a handful, and a little Deers Suet, and seeth it till it be as thick as pap, then lay it to the hurt as hot as may be suffered.

*For swelling in the Legs.*

Take Wormwood, Parsly, Camomile, Cummin and Ash rods, of every one a handful, and seeth them in the Patients Urine, and make a plaister, and apply it.

For

*For swelling of Sinewes.*

Take Smallage, Lovage, Groundsel, Brooklime, Sengreen and Bruisewort, stamp them, and put thereto a little wheaten bran, Sheeps Tallow, and some Barrowes grease, fry them well together and make a Plaister thereof, and lay it to the place grieved.

*For Swellings or Bruises.*

Take milk, wheaten meal, red Roses and Camomile, of each a handful, seeth all these together until they be thick, then spread it on a cloth, and lay it to till it heal the Patient.

*For swelling in the Joints.*

Take Groundsel, Daisies, Brooklime, Chickweed, Petty Moral, Herb Bennet, take of each of these alike, and fry them with Sheeps Suet, and put thereto crumbs of soure wheat bread, and so bind it to with a cloth warm.

For

*For any Swelling that looketh red, or for the Ague fallen into any part of the Body.*

Take Houndstongue, Camomile, Daisie leaves and roots, Plantane leaves and roots, and Adderstongue, of each a handful, pick them clean, but wash them not, chop them small and stamp them, then take a pound of fresh butter, of Sheeps Suet half a pound, set them over the fire, and so let them boil until it look green, then strain it out, and keep it in an earthen vessel to use all the yeare.

*For a Swelling.*

Take three handfuls of Mallowes, and a pottle of running water. and boil the water and Mallowes together, then bath the swelling therewith a good while, then take a good quantity of Suet of the Kidney of a fat Sheep chopt, and so boile that together with the Herbs againe, and being hot, lay it on a red piece of cloth all night, and the next morning renew it, and so from

from time to time till it be asswaged.

*Another.*

Take two quarts of Barley, and two gallons of running water, a pound of Boars grease, four new laid eggs, a handful of Bay salt, of the tops of Rue, Sage, Camomile, Rosemary, of each a handful, a quart of new Barm, chop all the Herbs together, then let it boil to two quarts, and when it is boiled sufficiently, then stop it close until it be in good ease to lay to the place pained on a piece of new red cloth, and renew it as occasion shall require.

It is called by the name of the Jewes Bath, and is an excellent thing for this purpose.

*For a White Swelling.*

Take Woodbind flowers, Water, and Wheat flower, and make thereof a thin paste, first annoint the Swelling with Oyl of Linseed, then lay on a plaister of paste.

FAL-

## FALLING SICKNES.

*Divers and sundry Remedies for the Falling Sickneſſe.*

Take powder of Hawthorne, and drink it with Wine, it healeth the Falling Evil.

The braines of a Fox unto Infants, cureth this Diſeaſe.

Alſo Powder made of Opoponax, Caſtorum, Antimonium and Dragons is a moſt Soveraign Medicine.

The like vertue hath Antimonium alone with Caſtorum.

Or Antimonium alone received with water.

The aſhes of a dead mans skull drunk is wonderful good.

Five leaved graſſe drunk three and thirty times together, doth perfectly heal this Diſeaſe.

The red ſtone found in a Swallow healeth the falling Evil.

It hath been proved that Miſſletow drunk healeth this Diſeaſe.

Piony

Piony tied about the Patients neck keepeth him from falling.

Also cut a Frog through the midst of the back with a knife, and take the liver, and fold it in a Colewort leaf, and burn it in a new earthen pot wel stopped, and give the ashes thereof unto the Patient in his sickness to drink with good Wine, and if he be not healed at once, do so by another Frog or more, and without all doubt it wil heal him.

A Rhadish stampt and bound to the braines will heal one of this Disease.

The bloud or gall of a Lamb drunk with Wine cureth it.

The stone that is found in a Harts head stamped and given to the sick party doth the like.

The braines of a Camel mixt with Oyl of Roses, wherewith annoint the Patient before and behind over all his body doth heal it, which is a wonderful experiment, and true.

The dung of a Peacock taken in drink doth the same also.

Take Mares piss new made, and heat it, and let the party grieved drink thereof

of as warm as he may, this will help by Gods grace with three or four times taking. *Probatum.*

*A good Medicine for the Falling Sickneſſe.*

Take young Ravens when they be fledged before they touch any ground, flea the skin and feathers off clean, and pull out all the guts and entrels, and wipe it very clean, and then put it into an Oven, and dry it that you make powder thereof, then beat flesh and bones together very fine, and searſe it, and take a quantity as you think good, and let the Patient drink it with Ale or Wine when the Fit begins, and by Gods grace it will help. *Probatum.*

## STITCH.

*For the Stitch in the ſide.*

Take Camomile, Spieremint, Wormwood and Southernwood, of each a handful, then put a few cold aſhes in the bottom of a pewter diſh, and upon them

hot embers, then clap the dish, Herbs and all over with a linnen cloth, and lay to the side somewhat higher then the paine is, and it will drive away the pain downwards.

*For the Stitch of the Stomack or Heart.*

Take young Broom of one yeares growth, distil it, and drink it, and it will help the Stitch; and if it be in such time of the year that you cannot get the water, then take Broome and make powder thereof, and drink it in Ale or Beer.

*For all manner of Stitches in any part of the Body.*

Take Mousear and Shee Holm, Stitchwort and Spieremint, of each alike, and dry them upon a tile, and make powder of them, and drink it with Ale or Beer.

*Another.*

Take some wool, and baste it on a piece of linnen cloth, then take Oyle of Camo-

Camomile, and warm it, and ſprinkle it thereon, and lay to the pained place, being firſt annointed with the Oyl.

## SWEAT.

*To cool a Sweat withal.*

Take a Chicken and boil it in fair running water, then take Burnet, Burrage, Marigold leaves, Parſley and Sorrel, of each a handful, then boil all theſe together with a little ſalt, then take the yolk of a new laid egge, and put to halfe a pint of the broth, and drink it hot.

*To abate too much ſweating.*

Take Balm, Burrage and Roſemary, of each alike, and ſteep it four and twenty hours or more in Ale or Beer, and drink thereof evening and morning.

Alſo the water of the Decoction of Strawberries is good to be drunk for overmuch heat or ſweating.

## SLEEP.

*To make one sleep.*

Take a handful of Betony, a handful of Rosemary, and a handful of red Rose leaves, brown bread crumbs, two spoonfuls of womans milk, two spoonfuls of Rosewater, a spoonful of Vinegar, and boil all them together, and lay it to the temples of the Head.

*Another.*

Take an Onion and roast it soft, and take Camomile and shred it, and lay it upon the Onion, and so bind it upon the nape of the neck.

*A good Medicine to make one sleep.*

Take a pint of Milk and seeth it, and let it cool, then take the Cream thereof and the white of an egge, and a little womans milk, and a little Rosewater, beat them all together, and spread them on a cloth, and so lay it to the forehead.

A

*A Medicine of Doctor* Cranmers *to bring sleep.*

Take twenty or thirty Almonds or more, and beat them with a spoonful of Poppy seed that is white, then take two handfuls of white Poppy leaves, and as much of Lettice leaves, and seeth them from a quart to a pint, and with that water strain the Almonds to make Almond milk to drink, and let them that cannot sleep, drink of it last to bedward.

*For one that cannot sleep in sickness, but raves.*

Take the juice of Houseleek, a good quantity, as much womans milk, and as much Rose vinegar or else Rose-water and vineger, and mix them well together, and then wet flax in it milk warm, and bind it to the temples of the Patient, and also wet flax therein, and make round together like a ball, and bind it in the palmes of the hands, and it wil give great ease.

*Another to make one sleep.*

Take the white of a new laid egg, and beat it with a spoon until it cometh to an Oyl, then let it stand a while, and take the froth of it from the Oyl, and put thereto Rose-water, Vineger and womans milk, and lay it to the Patients forehead in a linnen cloth, and when it is dry lay on more. *Probatum.*

*Another for one that cannot sleep.*

Take Oyl of Roses, and put thereto a little good Vineger, and beat them wel together, and put it on a Cloth, and bind it to the forehead, it is a comfortable Remedy.

TASTE

## TASTE.

### *Losse of Taste.*

THe signes of the Humour that causeth this Infirmity; *viz.* The Blood yeildeth a sweet taste: Phlegme also somewhat sweetish with much spettle, humidity of the head, of the tongue, and of the whole body. Choller causeth bitternesse, saltnesse, and a salt phlegme; if no taste, then is the mouth of the stomack troubled with many superfluous humours; If Melancholy, then is the taste tart. There may also be sure signs taken from the tongue; if it be white, its not only a sign of cold, but also that the stomack, head and liver are full of phlegme; if red, then the malady is of blood and hot Rheumes; yellownesse is a sign that choller is the cause of all; if a blackish lead colour, it signifies Melancholy, unlesse in hot Feavers, then must the Patient be dyeted according to the grief.

## TEETH.

*For Tooth ache.*

Take running water, and put into it a Rosemary branch, a branch of Sage, and a branch of Rue, and let it lye three or four hours, and then wash your mouth with the water.

*For a swelling in the cheek or Tooth ache, and good for the Stomack.*

Take a handful of Bay salt, a quantity of Cloves, Mace and Nutmegs, and put it in a bag and warme it good and hot, and lay it to the place grieved.

*A Powder to keep Teeth clean and without Ache.*

Take dry Sage, Allom, Pepper and Bay Salt, of each a like weight, and make all these in powder, and preserve it in a box, and take a Sage leaf with the Powder, and rub your gums with it when you please.

A

*A Medicine for the Tooth ache.*

Take Fetherfew, and ſtamp it, and ſtrain it, and drop a drop or two into the contrary ear to the pain, and then lye ſtill a half hour after.

*To make a Tooth fall out.*

Take the roots of Marigolds, and put it in thy mouth on that Tooth that aketh.

*For any Swelling that cometh by Tooth ache.*

Take a quantity of Sage and Woodbind leaves, and ſeeth them very tender in White Wine and a little Honey, then waſh the inſide of your mouth with the water thereof, and lay the Herbs to the outſide of the grief very warm.

*For the Tooth ache.*

Take every night a little ſalt, and let it melt in your mouth, and when it is

melted, gargarise it well in your mouth, then spit out, then take five leaves of Rosemary, and chew it wel, and hold it to your teeth.

*A hollow Tooth cured for ever.*

Lint shaved and dipped in Oyl of Camphire, then roll it in Bole Armoniack, and burnt Allom, being beat very small, and make it into balls like paste and stop the hollow tooth, and lay lint thereon, and let it remain in the Tooth four our five houres, then take it out, and wash the Tooth: cured for ever.

*To keep Teeth from rotting.*

Take white salt, and in the morning fasting hold it under your tongue till it do turn to water, and with that water wash your Teeth.

*To make the Teeth white.*

Take one drop of the Oyl of Vitriol, and wet the Teeth with it, and rub them afterwards with a course cloth, although

this

this Medicine be strange, yet feare it not.

*Of the Teeth.*

Some men have thirty two Teeth, some eight and twenty, and some have thirty.

The Physicians write, that the foremost Teeth are engendred of pure and superfluous moisture of the Scull, the middest of a reasonable good humor, and the hindmost of a grosse humidity.

All Imposthumes or Corruption of the Gums or Teeth, if there be much blood and moisture with it, then that part is to be purged with yellow Marabus and sowre Dates according to his ability, and wash the mouth with this water, *viz.* Take blossomes or pills of Pomgranats, Acorn cups and Roses, of each one ounce, and boil them in water, and wash the mouth with Vinegar and Allome.

*For loose Teeth.*

The cause is blowes, thrusts, defluctions,

ons that fall out of the head into the Teeth, which looſen their roots, or of great drowth after long ſickneſſe, the corruption of the mouth and teeth may alſo cauſe the ſame.

The Remedy is, Take half an ounce of Allome, Roſe buds half an ounce, Bedegar Red Wine one pint, boil them unto the one half, and take this into your mouth warm often, and hold it a good while therein, for it is very good.

Alſo to waſh the mouth often with Roſemary and Wine is very good.

## TYMPANY.

*For the Tympany in a Woman.*

Take a handful of the bloſſoms of the Marygold that is yellow, ſtamp it and ſtrain it, and give the juice thereof to the ſick in a draught of Ale, and drink the ſame faſting.

*An Oyntment for the ſame.*

Take the herbs, ſtalks and leaves of the ſaid Marigolds chopt ſmall, and fry them in

Goose grease, take the liquor that cometh of the frying of the herbs, and annoint the Patient all over the belly, and in short time the Disease will vanish away.

*A Plaister for the same.*

Then take the Herbs so fryed, and lay on a Plaister of black wool, and bind it over all the belly, which will help likewise.

*The like for a Man.*

Take the Marigold that hath black grounds, and use them for a man, as the other in all respects.

## TETTER.

*A good Medicine to kill a Tetter.*

Take Lemmons and distil them rinds and all, and with the water thereof wash the Tetter, and sometimes annoint it with the juice of Ribwort.

## TONGUE.

*For a sore Tongue.*

Seeth five leaved grass in Vinegar, and gargarise therewith to help a sore mouth, tongue or throat.

*Of the Tongue.*

The swelling of the Tongue is of blood or of phlegme that falleth out of the head:

If it be of a cold phlegme, the tongue and face is alwayes white, and the mouth full of moisture, then rub the tongue with Sirrup or Wine of Pomgranats, and Dates boiled in sweet Wine, of each alike, and purge the Head, and use Barley water boiled with Pruines, Barberries, Cinamon, use this as a cooler. Also preserved Raspices, or any thing made of them is to be used.

THIRST.

## THIRST.

*To abate excessive thirst.*

Take a pottle of fair water, Endive, Succory, Violet leaves and Borage, of each a handful, Lillies half a handful, two Fennel roots, two Parsley roots, and seeth them from a pottle to a quart, and put a little Sugar to it, and drink it as you shall see cause.

Also seeth the leaves of Rosemary in well water, and drink it cold with a little of a Pomgranat.

Also hold Purslain under the tongue.

## VEINS

## VEYNES.

*To knit Veines.*

TAke Frankinsence one pound, Mastick one ounce, Bole Armoniack two ounces, beat all into fine powder, and mingle it with the white of an egge, then spread it on a linnen cloth, and apply it.

*To mollifie Veines that be dry and stiff.*

Take Oyl of Camomile, and Oyle of Linseed, and mingle it with Capons grease finely tried, mix them together, and this wil open the Veynes.

*For straining of a Vein:*

Take half an ounce of Coral and beat it fine, and drink it in red Wine morning and evening.

For

*For a broken Vaine in the Stomack to knit it, or for any inward bleeding and casting of bloud, &c.*

Take the leaves of Plantane, Shepherds Pouch, of each one handful, of Hartshorn half a handful, of Nettles and Mints, of each of them as much as you can hold betwixt two fingers of Barley, (the outer skin taken off,) three spoonfuls, of Yarrow half a handful, and one quarter of an ounce of Cinamon, boil all these in two quarts of fair water till half be consumed, then strain it, and put to the liquor strained as much Sugar as wil make it sweet: let it boil a little againe, then put thereto as much White Wine Vineger as wil make it sharp, and let the Patient take three or four spoonfuls ever in time of thirst; boil an equal quantity with a black Hen drawne and washed, but not pulled, and then put an equal quantity of the broth, and the juice of Mutton half roasted, and boil them between two dishes, until there remain no taste of rawnes. And if the Patient cast any more, presently take two spoonfuls of the juice of Mints, one spoon-

ſpoonful of White Wine Vineger, and as much ſoure leaven as two Walnuts, boil them to the conſumption of the juices; then make thereof a flat cake, and ſtrow upon it fine powder of Nutmegs, and apply it hot to the breſt, and give the Patient two ſpoonfuls of the Cordial following about three of the Clock, and between nine and ten at night, and at eight in the morning, and faſt one hour and an half before, and two houres after at the leaſt. And give a Suppoſitory made with two Poſitives of Honey, and one of ſalt, every day, if the Patient cannot go to ſtool.

Diacatholicon half an ounce, Confectionum de Hameck halfe an ounce, comixt in a penny pot of White Wine.

Lotian water good for a heat.

A little Cinamon and Ginger and Venice Turpentine made into Pils, and take three every morning.

Iſing-glaſſe and Saffron boiled in a red Cowes milk, and drunk three times for the ſame.

Church-yard wormes waſhed and ſliced, dried and drunk in Beer five ſeveral times or mornings, is good for a ſore throat, as the Kings Evil, *&c.*

VOMIT.

## VOMIT.

*A Vomit for the Green Sickneſſe.*

Take one handful of Groundſel, and one ounce of Currans, boil them in a quart of Ale, until it come to the quantity of a draught, then ſtrain it, and drink it blood-warm, and faſt two hours after it, and when the Patient hath once vomited, drink Poſſet Ale between every Vomit until it ceaſe.

*To ſtay Vomiting.*

Take Mint Water and Carduus Benedictus, of each a pint, bruiſe two Nutmegs, and let them boil to a pint, and make it ſweet with Sugar, and drink it firſt and laſt.

*Another.*

Take Cloves, and boil them in faire water or beer, and put Sugar thereto, and drink it.

*A Vomit.*

Take an ounce of Green Ginger, as much of Treakle, and as much of Malmsey, put these together, and drink them bloud warm.

## VVULA.

*For falling of the Vsula.*

Roast an eggehard, then cut it long wayes, and take out the yolk, and fill the place full of Cummin seed fine beaten, and lay it to the nape of the neck as hot as may be endured, then take a good quantity of Sage, and boil it in milk, and so drink it warm as can be suffered keeping the head warm.

*For a child that is Jaw fallen and Roof fallen. See before in* Children,

*A Water for a sore Mouth, or the falling of the Vsula.*

Take Bramble tops, Ivy berries, green Rose

Rose leaves, and some Allome, seeth all these in drink, and make thereof a Lotian, and gargarise therewith.

*For the falling of the Palate of the Mouth.*

Take of Cummin in powder two great handfuls, of white salt four, of the powder of Camomile flowers three, and the powder of three Nutmegs, mingle these together, and put them into a bag of linnen cloth cut round, and then quilt it, and use to lay it on the mould of your head all the day and night, if need so require.

## URINE.

*To make a mans or womans Water run strong from them.*

Take of Gromel seed half an ounce, of Cene cleane picked from the stalks, a quarter of an ounce, of Ginger scraped and sliced thin, of Cinnamon scraped and bruised of each one dram, of Damask Prunes the stones taken out seven,

of

of White Wine a pint, put all in the Wine, and cover it close, and stop it with paste, and set that in another pot of hot liquor for the space of one hour or more, that the pot may be hot, then take it forth, and when it is cold strain it, and after put in Sugar to make it toothsome, and then drink it.

*For one that cannot hold his Water.*

Drink Nepe a little before Supper, and also for pissing a bed in a cold cause, drink three drams of the powder of Frankinsence in Ale.

*An excellent approved Medicine for the hard and slow passage of Urine in man or woman.*

Take two quarts of good Wort, and boil it in a skillet by it self without any Hops, till it come to a pint and a half, then when it is cold take it and put Barm to it till it be ripe drink, and ready to cleanse, then take drink, barme and all, and boil it againe, and boil in it the quantity of two Nutmegs of Civil Soap, then skim it very clean, and drink there-

of

of at night when you go to bed, and in the morning when you rise; when it is done make more.

*To cleanse the Ureters or Conduits of Urine, and to open them. See before in* Stone.

## WATER.

*A Water to cure all manner of Wounds and Sores be they never so stinking; and all manner of Cankers in the nose, mouth, throat or elsewhere.*

TAke a handful of red Sage, a handful of Cellendine, and as much Woodbind leaves, take a gallon of running water, and put the Herbs into it, and let it boil to a pottle, then strain it, and take the liquor and set it over the fire again, then put thereto a pint of English Honey, and a good handful of Roach Allome finely beaten, a penny worth of graines grosly bruised, and let them boil all

all together three or four walmes, and then skim it off with a feather, and when it is cold, put it in an earthen pot or bottle, so as it may be kept close: and for a green wound take of the thinnest of the water, and for an old wound the thickest, the Water first being well shaken together, and after you have well cleansed the old sore with White-Wine, then take fine lint and wet it in the water, and oft times bathe the wound, and with the lint cover the wound, and if there be any holes in the wound, fill them with lint made like a Tent, and so cover the wound with a piece of bladder, the more better to continue your lint with moisture, and dresse your wound twice a day.

*To make Barley Water.*

Take a penny worth of Barley, a penny worth of Raisons of the Sun, a penny worth of Anniseeds, a half penny worth of Licoras, two quarts or more of water, boil all together till halfe be consumed, then strain it, and when it is cold, drink it, your Licoras must be sliced into small pieces.

To

*To make Doctor* Stephens *Water.*

Take a gallon of good Gascoigne Wine, then take Ginger, Gallingal, Cinnamon, Nutmegs, Graines, Cloves, Mace, Anniseeds, Fennel seeds, Carraway seeds, of each a dram, then take red Mints, red Rose leaves, Garden Time, Pellitory of the wall, Smal Marjerom, Rosemary, Penitoyal, Sage, Wild Time, Camomile, Lavender, Avens, of each one handful, then bruise them all in a Mortar, and beat your Spices small, and then put your Spices and Herbs into your Wine, and let it stand twelve hours, stirring it oftentimes, and then still it in a Limbeck. The first pint is the best, the second is good.

*The Vertue of this Water.*

It comforteth the spirits, and preserveth greatly the youth of man, it helpeth the inward Diseases coming of cold, it helpeth the shaking of the Palsie, it cureth the distraction of the Sinewes, and helpeth the Tooth ache; it comforteth the stomack very much, it cureth the

Raines of the back, the Canker and cold Dropsie; it helpeth forth the Stone in the bladder, also it helpeth a stinking breath, and the Conception of a woman that is barren; a spoonful of this Water to some is sufficient, to others two or three once in ten dayes sufficeth.

*A Water for a green Wound.*

Take a gallon of fair running water, a pottle of White Wine, of Wormwood, Motherwort, Bramble buds, Hawthorn buds, Basil, Mints, Avens, Egrimony, Bovewort, Wood Bugloss, Woodbind, Plantane, Ribwort, Daisie roots, Betony, Wild Angelica, Sanicle, White Bottles, Scabious and Dandillion, of each one handful, and put them into the Wine and water, and let them boil together till the half be consumed, then strain out all the Herbs, and boil the liquor with a quart of English Honey very softly till it be clean skimmed, then take it from the fire, and when it is cold put it into a glass, and keep it for to wash any green wound, which it will cure, although never so dangerous, drinking also at a time three spoonfuls of it.

A

*A Water to heal a Wound.*

Take Woodbind leaves and Sage, of each a handful, boil them well together in a little water, and put in a piece of Allome and a little Honey, and wash the wound therewith, laying a little lint to it, and it wil heal it.

*An excellent Water to wash any Sore withal, and will be a means to gather skin. Doctor* Wheads *Water.*

Take brown Sage, brown Fennel, Rosemary, Violet leaves, Liverwort, Hartstongue, Bryar leaves, Plantane leaves, Woodbind leaves, five leaved grasse, Egrimony, Wild Tansie, of each one handful; take all these Herbs, and boile them in an earthen pot with a pint of White Wine, and three pints of running water till it comes to a quart, then take the Herbs and strain them in a bason, then take as much Allome as three Walnuts, and put it in the water, and let it boil up, then take it, and put it in a bason till it be almost cold, then put in a quarter of a pint of live Honey, and pre-

ſently put it in bottles, and ſtop it very cloſe.

### *To make a cordial Water.*

Take of the tender leaves of green Angelica four handfuls, of the like leaves of Carduus Benedictus two handfuls, of the like leaves of Balm and Sage, of each one handful and an halfe; let all be ſhred ſmall, Licoras bruiſed five ounces, the ſeeds of Angelica two ounces, the ſeeds of ſweet Fennel three ounces, let both be bruiſed well, the Spices of Aromaticum Roſarum, & Diamoſchum Dulce, of each half an ounce, infuſe them all in ſix quarts of good Sack four and twenty hours, then diſtil them in a Limbeck with a ſoft fire according to Art, and draw forth of the beſt water a pottle: whereunto after two dayes put half a pound of the fineſt Sugar, diſſolved in half a pint of good red Roſe water in a fair pipkin on the fire, when the Roſe-water is hot with the Sugar, then put in your hot water, and let it ſtand over the fire till it be throughly hot, then take it off, and put it in glaſſes, and keep it as excellent to comfort the ſpirits, and againſt

against infection, you may draw forth of good smaller water a quart.

*A very precious Water made of Cinnamon.*

Take one pound of good Cinnamon, and bruise it a little, and lay it a soaking four and twenty hours in four pints or four pound of Rosewater, a pint and half of Muskadine or white Wine, then put it into a Limbeck glass to distil upon hot ashes, or else in a pot of hot water.

This Water is good against the pain of the Spleen, the pain in the head, the Mother, to provoke Urine, to stay vomiting, to expel all venemous colds. You may take four pints of White Wine, putting to it half a pound of Cinnamon, and use it as aforesaid.

## WEN.

*A Medicine to put away a Wen or Curnel.*

Take black Soap, mixed with unsla-

ked Lime made into powder, lay it to the Wen or Curnel, and by Gods grace it will help.

*A Medicine for an unbroken Wen.*

Take the crumbs of Barley bread, the bigneſſe of an egge, and as much White Wine Vinegar as will make it into a ſoft paſte, and ſpread it upon a cloth, then take an old wooden ladle, and ſet it againſt the fire and it will ſweat, then take a feather and wipe the ſweat off the ladle, and annoint the Wen therewith, then take a plaiſter of the paſte and lay it on the Wen, and dreſſe it three times a day after the Sun is riſen, and before the going down of the ſame, every time freſh paſte, and divers times the ladles ſweat. *Probatum.*

*For the drawing and healing of a Wen when it is broken,*

Take a handful of Marigolds blowne, of them that have black in the midſt, and half a handful of Roſemary leaves ſtripped downward, and half a handful of Pellamountain, half a handful of Hyſop, halfe

half an handful of Valerian, all stripped downward as before, and all these Herbs must be boiled in six ounces of unwashe Butter over a soft fire till the one half be consumed, then strain the Ointment through a clean cloth, then put the Ointment over the fire, and put in an ounce of Bee Wax, and boil it again half a dozen turnes, then put it in a fair pot, and keep it to your use.

## WOMAN.

*To make a Woman to be soon delivered, the child being dead or alive.*

Take a good quantity of the best Amber, and beat it exceeding small to powder, then searse it through a fine piece of Lawne, and so drink it in some broth or candle, and it will by Gods grace presently help the Patient to be delivered.

*To make a Womans Disease to come to its right course.*

Take young Southernwood, Betony, Caunapitum, Centory, the roots of Celendine

lendine, St Johns wort, with the flowers, of each of these as big as your thumb, yet put but one root of Cellendine, of White Wine a pint and half, of Raisons of the Sun (the stones taken out) half a handful cut in pieces, these boil until a third part be wasted, then strain it, and put to it three and forty blades of Saffron made to powder, of Graines the weight of two pence beaten, then boil it a little again; and of this drink a draught in the morning fasting, with as much Treakle as a Hasel Nut, and at night a draught without Treakle.

*For the green Sickness.*

Take fasting every morning of one Cowes milk, one pint hot from the Cow with a few Mints bruised in it, and let the party stirre about after it.

*An approved Medicine for the green Sickness or the yellow Jaundies.*

Take seven or nine Lice out of a cleane bodies head, and put them into bread and Butter, or Conserves of Roses, or into

into Ale or Beer, or any other thing you shall think fit, so that the party grieved may eat them all alive, and know not of it for loathing the Medicine.

*A Medicine for the Green Sickness, and also to scowre the body.*

Take three sticks of a fig tree, and three sticks of a Walnut tree, and a handful of red Sage, and a good handful of Peniroyal, a pound of Raisons of the Sun, stones and all, three Cap Dates, stones and all, bruise them all together, and put them all in a pottle of White Wine, and seeth it from a pottle to a quart, then strain it, and put into the drink ore ounce of the best Sugar candied, and drink thereof morning and evening: it is good. *Probatum.*

*A Medicine for a woman that is in travel.*

Take seven or nine leaves of Dittony, a pretty quantity of Germander, a branch or two of Peniroyal, three Marigolds, a branch or two of Hisop; take all these and boil them together in a pint of

White Wine, or a pint of Ale, and after it is boiled, put into it Sugar and Saffron, and boil it a quarter of an hour more, and give it the Patient to drink warm.

*For the after Burthen.*

Take one little branch of Motherwort and six blades of Saffron, pound them together, and then put to it six spoonfuls of Ale, and then drink it blood warme all at one draught, and fast after it half an hour.

*A good Medicine to provoke the Termes in a Woman.*

Take Wormwood and Rue, of each one handful, five or six Pepper Cornes, seeth them all together in a quart of White Wine or Malmsey, strain it, and drink thereof.

Mallows sod in Wine, and drunk is very good.

Also take Sage half an handful, of Cloves, Mace and Saffron, of each half a scruple, stamp them all together, and bind it in a fine cloth, and hang it a

Eight

night and a day in a pint of good Wine, wringing it oftentimes out into the Wine, then divide it into three parts, and take one part five hours before meat, the second part in the afternoon, and the other part after supper; but this is to be done in the wane of the Moon, and eat very little.

*A Medicine for the Green Sickness.*

Take the weight of a French Crowne of Rubarb, of French Wormwood and Egrimony, of each half a handful, steep them over night in a quart of Ale, and slice a Nutmeg and put therein, and so take it three several mornings at three draughts; and this being done, you must make more, and use it in that sort six mornings more. See before amongst the Vomits for a Vomit for the Greene Sickneſſe, which is to be taken before this Medicine.

*To procure the red Menstrues.*

Take of Clary leaves and of Hisop, of each one handful, of Parsley half a handful, stamp them and straine them, and put

put part of the juice thereof into an empty egg-shel, and put thereto the yolk of an egg only with a little Sugar candied in powder, then stir it, and set it on embers, and when it is through hot, sup it up, and fast after it two hours, and this do three mornings together in the beginning of the Moon, within five dayes of the Change.

*To stop the White Menstrues.*

Take a pottle of running water, of pure Cinnamon half an ounce, halfe a Pomgranet Pill, of Knotgrasse halfe an handful, boil these together till the water come to a pint, and thereof make a caudle for three mornings.

Also take Sassaparilla six ounces, Pollipodium of the Oak, Cene and Fennel, of each four ounces, of Caraway seeds one ounce, of Licoras scraped and bruised two ounces, Egrimony and Maidenhair, of each two handfu's, Liverwort one handful, Scurvigrasse two handfuls, new Beer or Ale three gallons, these particulars must be stampt to powder, and all put into a bag together with the Scurvigrasse stamped, then hang

hang the bag in the vessel of Ale or Beer, the yeest being first taken away, and so stopped very close that no aire get in, then drink thereof the quantity of a pint two hours before dinner, and so at Supper. It purgeth all humours in the body; it will not suffer the blood to putrifie, nor phlegme to have Dominion, nor Melancholy to have exaltation; it purgeth the wind, it defendeth the stomack, it nourisheth, profiteth and preserveth the Heart, it ingendreth a good colour, it comforteth the sight, it nourisheth the mind, and is good against the Stone.

*To stop the red Menstrues.*

Take a good handful of Lavender tops and boile them in a quart of Posset drink, till it come to a pint, and drink it off hot with some Sugar, if you please.

*For the Green Sickness.*

Take half an ounce of the powder of steel, as you have it at the Steel-makers,

kers, but the Needle makers have the best; wash it in three or four waters, and dry it, one ounce of Cremer Tartary, two Nutmegs, Licoras the weight of six pence, make all into fine powder, and mix them; take every morning the weight of six pence in broth, and fast two hours after, and after this Receipt hath been taken, let the party be purged once or twice.

## WOUNDS.

### *For great Wounds in the head.*

Take dry Wormwood or green (green is the best) and a new laid egge, shell and all, and beat them together very fine, and make a Salve thereof, and lay it to the place hurt very thick, and let it lye four and twenty houres; and if the party be much pained, change it, if but a little pained, let it lye four and twenty hours more, and then dresse it with other Salve as need requireth.

*A Medicine for any Cut, Wound or Sore.*

Take of Rosen and Perrosen of each half a pound, of Olibanum four ounces, of Harts Suet four ounces, of Mastick two ounces, of Mirrh one ounce, of Comfry half an ounce, of White Wax four ounces, let your Rosen, Perrosen, Olibanum, Mastick and Mirrhe be made into fine powder and searsed each by themselves, then take your Suet, and Wax, and dissolve them upon a soft fire, when they be melted, put in all your searsed powders, alwayes stirring them till they be all melted, then have ready a pottle of White Wine hot in a faire pan, and straine all your stuff through a Canvas cloth into it, then put in two ounces of good Turpentine, and then your Comfry beaten to fine powder, alwayes stirring it till it be cold, and then make it up in rolls, and keep it for your use. This Oyntment is very good for new Wounds and for the Bloody Flux, and the Wind Cholick, being spread upon a cloth, and laid to the Navel. It is called, *Flos Unguentorum*, The flower of Oyntments,

of

of which see more at large in Oyntments.

## WIND.

*To make one long winded.*

Take half a pound of Almonds, and lay them in cold water till they blanch of themselves, then beat them very smal in a Mortar, Licoras three ounces, scrape off the bark or rind, and beat it fine in a Mortar, and take as much Annifeeds, two ounces of Sugar, and beat them small as before, and work them together and use it.

*For the avoiding of Wind.*

Take the juice of red Fennel, and make a posset of Ale therewith, and drink thereof.

*Another to expel Wind.*

Take of pure Sugar four ounces, of Rose water as much as will moisten your Sugar, put it in a posset, then have ready

dy these Spices following, White Pepper, Black Pepper, of each half a dram, pure Gallingale sliced and finely minced, Ginger pared and minced fine, of each of these one scruple and a half, pure Turbit white and gummy clean scraped, thin sliced and minced very fine two scruples, skim your Rosewater and Sugar clean as may be, and let them boil on a soft fire, then put in all your Spices, and stir them wel, then take it from the fire, and stir it till it be cold and thick, then put it into a gally pot, and reserve it to your use: of this you may take at a time the quantity of a pennyworth or two pence.

*For the Wind of the Stomack.*

Take a handful of Tansie, and a handful of Sorrel, and beat them together, and strain them, and make a posset of White Wine, and put in it the juice of the Herbs, and drink it in the morning, and fast after it a while.

## VVORMES.

*For a Ring-worm.*

Take a Dog berry, and with the juice thereof rub the Ring-worm, and it will help it.

*For the running Worm that eateth the flesh.*

Take a handful of Wormwood, and a handful of Herb grace, a handful of Fetherfew, a handful of Vervain, a handful of Herb Robert, a handful of Wild Bugloss, boil these Herbs in half a pound of unwasht butter, then strain it through a clean cloth and annoint the place with a feather, and lay upon the wound Oak leaves with the smoothest side next the wound, the leaves must be withered, and so bind up your sores with linnen clothes, dressing it twice a day after the same manner, but remember your herbs be stamped before you boil them in your butter.

To

*To kill the Canker and worm that eateth the Teeth.*

Take an egg that is layed on a thursday, and empty it, and fil it with salt, and so set it on the fire, until it may be made in powder, and rub the Cankered teeth therewith, and it both kills the Canker, and destroyes the worms that eat the Teeth. *Probatum.*

*For wormes in a Child, to rid them away, if they be almost past Remedy.*

Take of Wormwood and of Walnut leaves, of Rue and unset Leeks, of each one handful, and put to an Ox gall, and fry them all over the fire, and lay them on a cloth, and lay them on the childs navel all night, and that wil help them: and on the morrow, take half a pint of Malmsey, and put into it four or five spoonfuls of Wormwood Water, and as much Mint water, and warm them together and drink it one or two dayes, and this will help without doubt. *Probatum.*

For

*For the Ring-worm.*

Take a handful of Violet leaves, an handful of Columbine leaves, and a handful of Rosemary leaves, stamp all these together, and boil it in a quarter of a pound of unwasht butter, and a little Deer Suet, and when it is half boiled away, strain it, and put it over the fire again, and let it boil two or three turnes, then put it up for your use, and strike a Plaister therewith, and lay it on the Ring-worm, dressing it twice a day, and washing it every two dayes with White Wine.

*For the Wormes.*

Take Corraline in powder as much as will lye on a groat in new Milk three mornings, three dayes before the Full or New of the Moon. It will help old folks and sucking children; it is a groat an ounce.

*For the Ring-worm.*

Take black Soap, and almost as much

much Ginger in powder, and mix them well together, and annoint the place therewith four or five dayes together, and this will cure any Tetter or Ring-worm.

## WHITES.

*For the Whites.*

Take a quarter of a pound of Hingglasse, and boile it in a pottle of milk to a pint and half, then put to it Nutmeg, Cinnamon and Sugar and red Rose water, and so make it to a Gelly.

## WOOD BETONY.

*The Vertues of Wood Betony.*

It saveth mens bodies by the vertue it hath in it, and by Gods help, for who so beareth this Herb about him, preserveth him from Evil Spirits, and this Herb must be gathered in the Harvest time, early in the morning before Sun rising.

Also

Also he that drinketh of the juice of Betony, it will break the stone, and cast it with the Urine.

Also if it be drunk with hony, it is good against the Dropsie.

Also it is good against the outrage of wicked blood.

Also the juice of Betony mingled with Rose-water put in the ear, amendeth the hearing.

Also the powder of Betony sodden with hony, helpeth them that have the bloody Egestions, and marvellously comforteth the stomack.

Also the leaves of Betony mingled with salt, and make a Plaister thereof, is a great help to green Wounds being layed thereto.

And the leaves of Betony with Rue evenly proportioned, sodden together is good for akings in the eys, and the blood of the Egestions, it putteth away that which annoyeth the Eyes.

Also it draweth away all venom in the body of man.

Also take four handfuls of Betony, and three cupfuls of Red Wine, and seventeen Pepper cornes, and break them smal, and seeth it, and drink it, it purgeth the veins.

Also

Also take an ounce of Betony, and an ounce of Plantane, and drink it with warm water, and it will destroy the Quotidian Feaver.

Also take powder of the root of Betony, and drink it with luke-warm water, it will purge phlegme.

Also take the weight of a Bean of the powder of Betony mingled with honey, it will comfort the stomack, and the digestion.

Also make a Garland of Betony, and lay it about an Adder, and he will kill himself within it.

Also take Betony well warmed by the fire, and then bound to the forehead, it provoketh sleep, and putteth away wicked blood, and destroyeth the heat of the eyes.

Also Betony sodden in Wine, and held in the mouth, helpeth the Tooth ache.

Also Betony sodden in Wine, purgeth the veines, the spleen, and the stomack.

And the juice of Betony mingled with salt, and put into the nostrils purgeth the Evil savour of the nose.

THE

# THE KNOWLEDGE AND ORDERING OF WINES

# THE KNOWLEDGE AND ORDERING OF WINES.

*A true Receipt to fine any piece of Wine Spanish or French.*

TAke Isinglass half a pound, and steep it in as much of the hardest French White Wine, let the Wine cover it, and let it stand four and twenty hours then pull the Isinglasse in pieces, then put a little of the same Wine to it, then let it lye, and three or foure

times a day squeeze and break it with your hands till it come to a cleer Jelly, and as it thickens, put more of the same Wine to it, then when it is come to a perfect cleer Jelly, take a pint or a quart to a Hogshead, and so according to that quantity as you have occasion, overdraw the same piece of Wine that you beat up three or four gallons, then put in the same quantity of Isinglass into the Can of Wine you overdraw, then stir the Isinglass, and break it very well together into the Wine, then put it up into the same piece of Wine, and beat it with a staffe exceeding well together, then fill it up top full, and so let it lye. And for the French Wine Bung it up very tite and full. Spanish Wine you may bung up or leave open as you please.

*To fine any piece of Browne Wine that is quailish and broun, be it Spanish or French.*

Take a pint of the same jelly of Isinglass, and a quantity of milk, as you shall find the piece of Wine in brownesse, and so put the Isinglasse and the milk together, and stir it very well, then overdraw

draw the piece of Wine eight gallons, then with a parting staff, stir it two or three blowes, then suddenly put in both milk and Ising-glass into the Butt or Hogshead, then beat it up extraordinary well, fill it up very full, and this will fine it in a day or two.

*For French Wine that comes over upon the Lees, that is brown and faint.*

Take one pound of Alablaster dust sifted, and over-draw the Hogshead three or four gallons, then put this dry dust into the bung of it as it is upon the Lee, then take a staff, and give it six good strokes, then fill it up top full, the more you stir it, the better it will be upon the Lee, and nothing will be seen, but grow perfect good, the longer it dyes the better it is, and when you see good you may Rack it.

*How to make any piece of quatlish Spanish Wine fine.*

Take halfe a quarter of a pound of white Starch, and about a quart of fine writing sand, and a pint of Ising glasse

and one handful of Bay-salt, and the whites of two eggs, and beat them with a little broth very well, then over-draw the Wine, and put it in altogether, and so beat it up all together extraordinary well, and fill it up, and this will make it perfect fine.

*To make Wine sweet that sticketh on it sour, savory or Musty.*

If the fault be in the Cask, you must draw it out into a fresh Cask and Lees, and let none of the old Lees come out of it, therefore draw it not too neer: then thus use him, Take twelve eggs, both whites and yolks, and beat them short, then take of Ginger, Cloves, Orras, Graines, of each two pennyworth, and one pennyworth of Long Pepper, put the eggs into a quart of Damask Rose-water well mingled together, and put it into the Wine, then beat the Butt half an hour; let all the Spices be grossly beaten, then take two grains of Musk, and bruise it well in four spoonfuls of Damask Rose water with the back of a spoon and put that into the Butt, then beat the Butt again gently a quarter of an

hour

hour; then take Ambergreece, Manus Christi, of each two graines, and beat them well, and put them among the Spices, and put all into a bag and tye it fast to the Bung, and let it hang almost to the bottom two dayes; then draw it up softly to the middle, and there let it hang two dayes; then draw it almost to the top, and let it hang one day; then take it out, and roll the Butt a little, and in two dayes broach it, and it will be very sweet.

*If Claret or Red wine be faint.*

First draw him out into fresh Lees, and put into him four or five gallons of the best Allegant, then turne him over twice in the Lees, and let him lye with the Bung upright a week before you broach him; and it shall have both a good colour and taste.

*For Wine of any sort that groweth long.*

Take two pennyworth of Roach Allom in powder, and draw your Hogshead four or five gallons, then strew in your powders, and shake it well half an

how, then fill it up, and broach it within three dayes, being well and close stopped.

*If White wine or Sack hath lost its colour.*

Take four gallons of skimmed milk, over draw the Hogshead six gallons, then take the yolks of four Eggs, beat them, and put them into the milk, and after beat them together, then put them into the Wine, and beat the Wine well, then stop it close, and in five dayes you may broach it.

*To keep Wine sweet and sound all the year.*

You must fill your Vessels once a month or six weeks, fill your Red and Claret with the best Red Wine, for Red doth preserve the Clarret, as White doth the Malmsey and Bastard, and fit White with White. And so all other Wines with the same; and those you intend to preserve, give them their Lees all in one day, then that night, lay them all upright, and be careful to keep them right,

If they lack vent in any place, they will be faint and spoil. July and August are most dangerous to keep the said Wines sweet.

*For Sack that hath Flying Lees in it.*

Draw it out into a fresh Butt with fresh Lees, and make a good Parel with the whites of eight egges, and beat them with a handful of Bay salt, and put it into the Sack, and if it be any whit rawny, put thereto two gallons of new milk, and beat the Wine wel, then lay it upright, stop it close, and in two dayes Broach it.

*A Note of all kind of Wines that prick, with their perfect Remedies.*

*Imprimis*, For every Pipe take half a pound of Whiting to flavour your Wine, Long-Pepper one ounce, Cinnamon half an ounce, the eighth part of an ounce of Orras, as much Cloves, a little Anniseeds the which must be beaten to powder, and put them into a bag, and hang it in the Wine with a piece of Lead to sink it, two dayes, and then take it out, and see, if it

do not change let it hang one day longer, then put four or five gallons of Baſtard Sirrop, which muſt be well beaten into it.

*How to make Sack white, being otherwiſe coloured.*

Take two pound of white ſtarch, and two gallons of milk boiled together the ſpace of two hours, then take it from the fire, & let it be cold, and ſtaff it, and put it into a Butt that is clean and ſweet, then beat the Starch and milk together with two handfuls of white Salt, and put into the Butt, and beat it with a ſtaff, and it will fine and white.

*To help Claret that is tawny.*

Rack it, and take halfe a pound of Turnſil, two gallons of Red Wine, one of Allegant, two ounces of Red-wood ſmall ground, mingle them together, and put them into the Hogſhead, and ſtop it cloſe, and in three dayes it ſhall have a moſt perfect colour.

For

*For Sack that hath worth to be long.*

Take three pennyworth of Roach Allome, burn it, then beat it small, then take a pint of Burrage water, and wring into it the juice of four Lemmons, then beat the Allom and liquor together, till it be short, and put it into the Sack, and beat the Butt well, and stop it close and in three dayes it shall be perfect.

*For Malaga that prickech.*

Overdraw the Pipe two Gallons, then put in the Pipe half a peck of Limestones, and chalk, and three pennyworth of Roach Allome, burn it and strew it in the Pipe with a handful of white Salt, and beat that gently, and this only shal help it.

*To give your Muskadine, Malmsey, Sack, or Bastarda pleasant sweet taste, and scent, although it be very faulty.*

Take a quarter of a pound of Coriander seed, Cloves, Nutmegs, of each

half an ounce, two pennyworth of Orras, one pennyworth of Calfamus, Musk, Manus Christi, of each one grain, beat them all well, and put them into a bag, then put a pint of Rosewater into a dish, upon a Chafingdish of coals, and when it is hot, let the outside of the bag drink it up, then first put into the Butt or Pipe, one gallon of Spanish Cute, and roll it well, then hang the bag into the Pipe, neer to the bottom one day and night, then draw it up towards the middle, and let it hang there two dayes, then draw it within a foot of the top for two dayes more, then take it out, and stop it close, then roll it gently, and in two dayes broach it.

*To make good Hypocras.*

Some make it of Sack, some of White Wine, some of Rhenish Wine: Take to every gallon of White or Rhenish Wine two pound of Sugar, the worth is good enough, three ounces of Cinnamon, two ounces of Ginger, one ounce of Long Pepper, three ounces of Licoras, half a graine of Musk, half a pint of Damask Rose-water, two pennyworth of

Orras,

Oxras, one pennyworth of Callamus Aromaticus, and three ounces of Anniseeds.

*The use and preparative of Hyppocras.*

You must beat all the said things like gross Pepper, save the Musk, and Rose-water, which use thus, Take the Musk, and with the back of a silver spoon, bruise it in a little of the Rose-water, then mingle it with the rest of the Rose-water and shake it well together, then if you will, you may boile the Spices with two gallons of the same Wine you purpose to make it of, and when it is cold, strain it into the rest of your Wine, and boile it almost an hour, ever stirring it, then after put in your Rose-water and Musk when it is bloud warm, then stop it close, and roll it well together, then take Raisons of the Sun and Figs, of each half a pound, put them into the bag, and hang it in the middle of the Butt till the Wine be out, and as the Wine shrinketh, let the bag downe. Or you may put the same into the Hippocras bag, and hang as aforesaid, then put the Rose-water and Musk by it self into that Wine, and roll it

it gently, and this is the easier and quicker way, but the other will be sooner and readier to broach.

Note that if it should want of pleasantnesse put to every gallon a pint of Spanish Cute, and that will help it, and make it perfect.

## The Knowledge and Choice of Wines, with their Marks of their Countries.

### Muskadine.

See that your Muskadine be sweet and strong, and of colour like Amber at sight.

### Malmsey and Bastard.

See that your Malmsey be perfect and pleasant, as the first well coloured, sweet, fine, quick and strong: But your Bastard, be only quick and strong.

white

*White wine.*

Must be fair and short, and though that want colour, if it be quick and not full, it is not to be refused, for it is eafily helped.

*Clarret.*

See that your Clarret be very well coloured, fair, fine and fmart, for if they be long at the firft, meddle not with them, for they will not hold for burnings.

*Red wine.*

Your Red Wine you muft ufe as you do your White and Clarret.

*Sherry Sacke.*

Moft bound are white at the firft, and you fhall know them by their work upon their Bung, where you fhall fee the picture of a Cock burned, and the longer they lye, the better they are.

Grave

*Graves Wine.*

*Great Royston* is the best take of them at *Michaelmas*. *Petty Royston* is the next, take of them at *Bartholomew* tyde, the Cask is hooped with half Hoops, and the mark of the Bung is like three O's, with a stroak through the middle, the first being greater then the other two, having a little stroak from the top to the middle, not much unlike three Diamonds.

*Spain.*

In *Spain* there is Bastard, Sacks, Hollocks and Spanish Cute, that is the best to keep for all the year.

*Gascoyne Wine.*

There goeth four Hogsheads to the Tun; and every Hogshead is sixty and three gallons, and observe how many pence the Gallon is worth, and so many pound the Tun is worth.

*Wines*

*Wines of Post-Nellon,*

Are good for all the year, and they are Red, White and Claret, you shall know them by their round half hoops, and the Wines do grow in a dry high Country, and therefore the stronger and sounder.

*Wines of Saint Macarius.*

Take no Claret nor White, the Red is only good, and will not fail; for your Red is of a contrary nature to White and Claret, you shall surely know them by their Marks, they have Willow hoops, and the Bung is marked with three O's, and a stroak through the middle.

*Rare Wines.*

They are sold for the most part of this sort of Wines Sack is the best to keep all the year, and they are full gage, and the Bung is marked with ✓ having a little stroak thorow the head, being burnt in.

*Wines Gatterel.*

It is over against *Bourdoux*, of which take none except it be a very dry year, they have Willow hoops, and quarter barred, and they be faint and weak.

*Boyning Wines the best for all the year.*

They are extraordinary for all the year; you shall know it by the taste, for its sharp and tart, ready to edg the teeth, and they be three Punchons to a Tun, and are full gage; and Malmsey and Candy Cute very good is made there.

*Wines of Steave.*

Then have you Wines of *Steave*, very good Muskadine, and that Vessel is not like the other, for they are longer, greater and broader, and more Gage by three or four Cisternes.

*The Countries of Rhenish Wines.*

There is a place called *Boallefficer*, that is the worst Wine, you shall know it by the

the Fat, for it is double barred over the head, and twenty six gallons make a Lyne.

*Wines of Barbary.*

That is better then the former, and they be in certain ſtripes and Creſtes, and they be three quarters & two gallons, and that is called Vage, and nine gallons are a Lyne.

*Rhenish Wine.*

There is Rhenish Wine of Barba Muſka, and that is the beſt, and is ſingle barred in the fat, with a broad bar; they be full gage, and the Bars for the moſt part are marked at the edges, with five figures of 5, and a ſtreak through them neer the bottom.

If Rhenish Wine fail and grow faint, take a pound of Brimſtone, melt it in a pint of Damask-Roſewater, then dip linnen cloaths in it, and burn it in an empty veſſel, then Rack your tainted Wine into the veſſel ſo prepared, then take one ounce of Coriander ſeeds, Calamus, Benjamin, Storax, Damask powder, of each

each three pennyworth, beat them all, and put them in a bag, and hang them four dayes in the Fat, and beat the Wine, and roll and stop it close, and at four days end, it will be perfect.

*To sell Wines, and rid away your Lays.*

If you have any Lugs of White Wine, Claret or Sack, that will not sell, take in two Butts of pleasant Malmsey, which you may make three with your Lugs, and the Malmsey will be pleasant and good.

*Eatow Wines.*

They are in very long Pipes, and very hard, they are not very good to keep all the year, yet good for present sale, they want two Cisterns and a half of Gage.

*Wines of Anyway.*

The most part of it is in Pipes, and that is very good Wine, and strong, and lacketh very little of Gage, and is quarter barred.

*Wines of Orleans and Orleance.*

Four Hogsheads make a Tun, they be good for half the year, they have half hoops, and one broad bar at the head, with four pins on either side towards the end of the bar, thus, o o o o o

*The property of Gascoyn Wines.*

It will be sick most part of the Summer, and soureth long, when it so changeth, keep him close from vent, and fill him ever, then stop him close, and turne him over in his Lees two or three times, and it will amend him.

Note that all such Wines that are so hooped with half hoops, grow in the dryest and highest Countries, and are the best and soundest, and those with the Willow hoops grow in the West Countries, and the smallest are unsound.

*A Remedy for Rifted Wines.*

To every Butt take two gallons of Red Wine, for that will preserve the Malm-

sey

fey, as well as Cute doth the Bastard, and so you shall save the more. Or in stead of the Red, take three or four gallons of Cute, if it be Spanish Cute, one gallon is as good, and will go further then three of Canary Cute, so that you put into the Butt two gallons of Red Wine, and one gallon of Spanish Cute, you shall make it perfect; if it be not pleasant enough, you must put in the more Cute.

*How to make or divide Malmsey.*

If you have three Butts of Malmsey you may make four, of two you may make three, of one you may make one and a half with such Lugs as you have of Claret, White Wine or Sack that is old, with two gallons of Spanish Cute to every Butt, and so you may rid away your Lugs and old Sacks: and the Art followeth that must be used.

Take to every Butt six eggs, both yolks and whites, and one handful of Bay salt, beat them well together mixing therewith a pint of old Sack, and put

put them all together. If it want colour, then take two gallons of Red Wine, and a quarter of a pound of Coriander seeds beaten very small, put them well mingled together into the Butt, then give six or eight stroaks more and stop it close, and in three or four days broach him.

*To make Muskadine.*

Take a pleasant Butt of Malmsey called Ratnew, and draw it half out, and fill it up within four or five gallons with fat Bastard, then Parrel it with six yolks of eggs, and one handful of Bay salt, and a pint of Conduit water, beat them well together, and then put them into the Butt, and if the colour be too deep or too high, then take three gallons of skimmed milk, and eight whites of eggs, and mingle them well together with the milk, and put them into the Butt and they will mend it; and for the pleasant taste thereof, take four pennyworth of Sugar, Long Pepper and Cloves, of each two pennyworth, bruise them, and put them all into the Butt, then beat the Butt an hour, and

and stop it close, after lay it up three dayes, and then you may broach it. Or you may put the Spices into a little bag and sink it with a piece of lead into the Butt.

*For Allegant that growes hard and faint.*

First draw it into fresh Lees, then take three gallons of stone Honey well clarified, scum it well, and let stand till it be cold, then take four yolks of Eggs, a pint of Rose-water, and one ounce of Lemmont, beat them well together with the honey, and then put them into the Pipe, and then roll or beat the Pipe half an hour, and then stop it close, and three dayes after you may broach it.

*If Bastard prick.*

Draw him presently from his Lees, if he have any, and put the Wine into a Muskadine Butt, to the Lees of Muskadine, and then put to the Bastard three or four Gallons of the best wort of the first tap, but let it be cold before you put it in, then take two handfuls of Sordy Al-

monds

monde, blanch and braile them, and mingle them with a gallon of Cute and put them into the Baſtard, and roll it well for half an houre, and in two dayes, you may broach it, and it will be perfect good.

*A Parrel to the ſame Baſtard.*

Firſt Parrel him with the whites of eight new laid Eggs, beat them wel with a handful of Bay ſalt, and a pint of the ſame Baſtard, and put them into the Baſtard then beat it an houre with a parting ſtaff, then take one pennyworth of Allome, and burn it, and mingle it with a pint of running water, and put it into the Pipe, and then give it a ſtroak more, and roll it well, and a dozen upon the Bung, top him cloſe, and broach him, if you have occaſion two houres after.

*To make Tyre that is excellent.*

Take a good Butt of Malmſey, and overdraw him one quarter, and then fill him with fat Baſtard, and two gallons of Cute, then Parrel him as you did the Malmſey with the ſame things, and after the ſame manner, and ſo beat him

him, and keep him close; and in two or three dayes you may broach him.

## *To make Muskadine of Sack.*

Take a Butt of Sack or good Malmsey and fill him up much for Ballasting and Parrel him as you did the Malmsey, and beat him well one hour till he be fine.

## *A Parrel for the Muskadine.*

When it comes to be fine, within four hours after, take six new laid eggs, beat them shels and all with one handful of Bay salt, put to them a quart of old Sack, one handful of white Sugar candy beaten small, then beat them all together very well, then overdraw the Butt eight or ten gallons, then beat the Butt an hour, then put in the Parrel, and then beat him again gently half an hour, and stop him close, and broach him within twenty four hours.

## *A Parrel for Malmsey.*

It must be Parrel'd as your Muskadine, saving only you must take yolks

in

in stead of Whites, or else use them all alike.

*For Malmsey that drinketh hard.*

Overdraw him one quarter, and fill him up with pleasant fat Bastard, and four gallons of Red Wine, as much Sack, and two gallons of Cute, stop it close, and roll it wel, and it shal help it presently.

*For Bastard that drinketh hard.*

You must put in it three or four gallons of running water, and as much skimmed milk, then beat them wel, and give him a Parel of the yolks of six eggs, with a pint of water, and put it into the Wine and beat the Butt well half an hour, and when he is fine, you shall rack him into a cleer Pipe, and put into him two gallons of Honey water, and stop him close and roll him, and within two dayes broach him.

*To make a Pipe of Osley.*

Take a Pipe of Eager Bastard, then take a Butt of smal Sack, but first you must roll the Pipe of Bastard, and draw

him half into another Pipe, then take your small Butt of Sack, fill up your Bastard therewith within ten or twelve inches; if your Bastard be but small, take the lesse Sack, for the Ossey must drink somewhat far; then to take away the eagernesse which is a principal thing, take five gallons of new milk, and two gallons of water, and that shall make it white and well coloured, and wel in drinking, and then you must beat it, or else it wil faint in the Pipe; then take half an ounce of Orris, and two ounces of Cloves, and beat them smal, and hang them in a bag three dayes in the midst of the Pipe, and that shal give it a right sent and taste, and at three dayes end with-draw him from his Bastard Lees to good Sack Lees, and parrel him thus; Take twelve whites of eggs, and a handful of White Salt well beaten together, with a gallon of White Wine, which is in the Trace, then put it into the Butt with your beating staff and fill him up, and let him lye til he shew fine, and then it wil seem for Ossey, which is excellent. Or with the two Pipes you may make or draw, mingled together, four Butts of exceeding good Malmsey.

To

*To shift Wines and Malmseyes, and put off your ill Wines.*

If you have two principal good Butts of Malmseyes, you may make two and a half, with eight gallons of pleasant fat Bastard, and with the Lugs you have of Clarret, White and Sack, and if you put a gallon of Red Wine to every Butt it will do well, and you shall have the more Cute; or you may use Cute, (two gallons of Spanish Cute will go further then five of Candy Cute; but Candy Cute is more natural for Malmesey then the other) then Parrel him with eight whites of eggs and a handful of salt beaten together, then put them into the Wine, and beat the Butt half an hour, and stop him very close, and in two dayes you may broach him.

*A pleasant Sent for Red Wine.*

Take two ounces of Brimstone, half an ounce of Callamus, mix them together with half a pint of Burrage water, melt the Brimstone into a pan, and let the rest be with it therein, then put in so many

Cloves as wil soak it up, and burne the Cloves in the Cask, throw away the ashes, then your Wine being tackt put into it a pint of Damask Rose-water, then roll it wel half an hour, stop it close, and let it lye two dayes, then broach it. This shal give it or any other Gascoin Wine a most pleasant sent and taste.

*For to make Match.*

Take one pound of Brimstone, half a pound of Coriander seeds, Anniseeds two ounces, of Cloves and Nutmegs one peniworth, Orris one penniworth, one penniworth of Cammomile, grate them, and beat all these together. Also for parrelling a Hogshead of White Wine, take two gallons of milk, and the whites of four eggs, and a handful of Bay salt, these being well parrelled, and put into the Hogshead, will do the work.

Also if you have a Butt of Sack that doth begin to be long, take two pennyworth of Roach Allom, burne it, then beat it smal with the whites of six eggs and one handful of Bay salt, if it begin to boile, give it the Parrel aforesaid.

Also if you have a Pipe of Malaga that pricketh

pricketh, over-draw it ten gallons, and put in Chalk, in this manner you may help it away: Roll it well, and put therein two gallons of Stone-Honey clarified and beaten, with a quart of Conduit water, and that shall fine the Wine again, and in two dayes close stopped it shal be perfect.

*For Bastard that pricketh.*

First draw it out into a fresh Pipe, and fresh Lees, then take three gallons of the best Stone Honey, clarifie it, and beat it with a quart of the same Bastard, then take a peck of Frumety well boiled, as for pottage, then mingle the Honey, and beat it together, then put it into the bag, and let the bag be long, that it may reach almost to the bottom; then put into another little bag, one penniyworth of Anniseeds, of Coriander seeds and Licoras, of each two penniworth, bruise them well, and put them into the little bag, then line him to the side of the other Bag, and sink them, and put into the Pipe a branch of Rosemary, then stop it close, and at two dayes end draw it up to the middle, and there let it hang two dayes, then leisurely take it out, and stop it close, and in one day after broach it.

# PERFUMES.

## *The Kings Perfume boiled.*

TAke ſix ſpoonfuls of Roſe water, and as much Ambergreece as weigheth two Barly Cornes, as much Civet in weight, as much Sugar as weigheth two pence beaten in fine powder. All theſe boiled together in a Perfuming pan, is an excellent Perfume.

## *The Queens Perfume.*

Take four ſpoonfuls of Spike water, and four ſpoonfuls of Damask water, thirty Cloves, and eight Bay leaves ſhred as much Sugar as weigheth two pence, All theſe boiled make a good Perfume.

*To keep your house apt to take Perfumes, and to take away grosse Aires.*

Take Cypress wood, or Juniper in chips, and throw them on a fair pan of coales, deck your house with flowers, and brush and sprinkle it with vinegar and Rose water, and keep your windows and doors close till the house be perfumed, and then set up your Perfumes.

*King Edwards Perfume to make your house smell like Rosemary.*

Take three spoonfuls of perfect Rosemary, and as much Sugar as half a Walnut beaten in small powder. All these boiled together in the Perfuming pan upon hot embers with a few coles, is a very sweet Perfume.

*Such Herbs as are good for Perfumes.*

Sweet Basil dryed in the Sun, Sweet Marjerom, young red Mints, the Pills of Lemmons dryed and powdered. All these are good for Perfumes, every one will smell severally.

*A sweet Perfume to burn.*

Take Benjamin three ounces, Labdanum one ounce, Ambergreece three ounces, Civet one ounce, mingle all these together with Gumdragagant, and roll it, and make it three square with Fusses dissolved in Rosewater, mingle with the same.

*Another Perfume to boil and burn.*

Take Benjamin and Storax of each an ounce, Labdanum and Fusses, of each an ounce, and half a dram of Civet: to be burnt, beat them in a white Mortar, and to boil; put them in Rosewater. It is also a good Perfume for Gloves.

*A fine and sweet Oyl.*

Take Musk twelve graines, Civet six graines, Ambergreece eight grains, Benjamin six graines, a few Cloves, Storax, Callamint three grains. Grind all these together with Oyl of Sweet Almonds. First wash your Gloves with Fusses dissolved a day in Damask water.

A

*A Perfume for Gloves.*

Take your Gloves, and wash them well in Damask water, then stretch them fair and softly, and lay them in a fair linnen cloth or sheet folded eight folds, that the Rosewater may dry in by leisure. Then take Oyl of Sweet Almonds upon a stone, and with your hands annoint your gloves, and rub them well over, and stretch them forth by little and little, and before they be throughly dryed take the powder of Sanders mixed with a little Ambergreece, and strow the powder finely fearced upon them, and let them lye in a box in a sheet of white paper.

*Another Perfume for Gloves.*

Take your Gloves or any other leather, and wash them well in Rose or Damask water, then wring them out of the water, and dry them. Do so three or four times, then take Gumdragagant, & steep it in fine Damask water all night and so strain it, and mingle it with a quarter of an ounce of Ambergreece, and as much fine Musk. First, grind your Amber-

Ambergreece with the Oyle of Trobyn, and then mix all together, within and without, and lay a paper betwixt the Gloves, Glove by Glove, and dry them under a feather bed.

*A Perfume in Powder.*

Take Ireos, Storax, Callamint, Lignum Aloes, Laudanum, graines or seeds of Juniper, as much of each sort as you will, beat together as much of one sort as of another. Cast the Perfumes into the fire, and then you shall see whether it wil smell well or not.

*To make an Oyl Perfume for Gloves that shall never out.*

Take Benjamin two ounces, of Storax and Calamint of each an ounce, the powder of Benjamin and Storax must be finely beaten by themselves; that done, take a pound of sweet Almonds, and mingle it with the Storax and Benjamin upon a Marble stone, and then put it into an earthen pot with more Oyle; then put in your gloves powdered, and so let it stand very close covered. And when you

y ou will perfume a paire of Gloves, take a little fair water in a ſpoon, and wipe your Gloves very fine with it. Take another ſpoon, and dip it in your Oyl, and rub it on your Gloves, and let them dry: this is excellent.

*Perfumes ſweet and good.*

Take Gumdragagant, and lay it in Roſe-water, until it be diſſolved and liquid, then powder the things hereafter written, Take Laudanum an ounce, Benjamin an ounce, Lignum Aloes a quarter of an ounce, Coles of Willowes two ounces and half, beat all theſe together, and make paſte of it with the Gum, and make as many balls or cloves as you will, then dry it in the ſhadow.

*A Receipt to make a Perfume to preſerve mankind from the infection of the Plague, and alſo to burn in Chambers, Cheſts, and Preſſes for preſerving of clothes, bedding and hangings.*

Take pure old Juniper, ſhave it thin as may be, one ounce, of the flower or herb of Saint Johns wort half an ounce, of the Gum

Gums of Olibanum, Maſtick, and pure choſen Mirrhe, of each one ounce, your Gums grind great, your Saint Johns wort hack it ſmall, your ſhavings of Juniper in like ſort, then mix them all together, and put them in ſome convenient veſſel; then add thereunto pure Venice Turpentine, as much as will make it like a piece of paſte, then uſe it at your pleaſure, taking the quantity of halfe a Nutmeg at a time, and burn it on a tile ſtone in your Chamber when you go to bed, and in the morning when you riſe.

*A Receipt for a Perfume.*

Take Muſk, Ambergreece, and Civet, of each a quarter of an ounce, of Orange flowers one ounce, grind all theſe things very ſmal on a ſtone, then mingle them well together with half an ounce of Oyl of Beanes, and for want thereof, one ounce of ſweet Almonds, and then apply it to the leather or other uſe you will put it to.

MVSEVM BRITAN NICVM